"MY BEST RECIPES"

By

KATE BREW VAUGHN

Johnson & Wales Univ. Denver, CO
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The Safeguarded Milk

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CREAM OF TOMATO SOUP

1 slice of onion	4 tbsp. flour
2 cups tomatoes	1 cup Carnation
1½ cups water	1 cup water
½ tsp. soda	1 tsp. salt
⅛ tsp. pepper	4 tbsp. butter

Cook onion, tomatoes and one and one-half cups of water, strain, add soda. Melt butter, stir in flour, add Carnation and water, cook until thick. Add salt and pepper. Add tomato mixture to white sauce. This serves six people.

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All-Bran Muffins

2 tablespoonsful shortening
¼ cup sugar
1 egg
1 cup sour milk
1 cup Kellogg's All-Bran
½ teaspoon soda
¼ teaspoon salt
1 cup flour
1 teaspoon baking powder

Cream shortening and sugar together, add the egg. Mix and sift flour, soda, salt, and baking powder. To the creamed mixture add the All-Bran, then the milk, alternately with the sifted dry ingredients. Pour into greased muffin tins, and bake in a moderate oven (370°F.) for twenty minutes. Yield: 8 large or 12 medium size muffins. If sweet milk is used instead of sour milk, omit the ½ teaspoon of soda and use 3 teaspoons baking powder. Raisins or dates may be added to muffins if desired.

Kellogg's

All-Bran

"MY BEST RECIPES"

A Selection from Twenty Years' Experience of Adapting and Proving Tested Recipes

By

KATE BREW VAUGHN

of

"K N X"

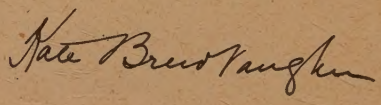
Evening Express Home Economics Dept.

Author "Culinary Echoes from Dixie," "Up-to-the-Minute Cook Book," "Child of Pre-School Age," "Art of Preserving and Canning," "Table Treats for Wartime," etc.

DEDICATION

To Martha Vaughn Curtiss, William, Preston, Edwin and Kathrine Vaughn, my five children, whose courage in adversity, appreciation for my every effort and loving helpfulness have been my sweetest reward for work, I dedicate this practical book which I hope will be found of service to many housewives and help to make homes happy.

Los Angeles, California.



PREFACE

I have enjoyed an experience possible to only a few women—the opportunity of teaching Home Economics in such a manner that, every day of the year, for twenty years, new recipes should be worked out before an audience of critical housewives. I have been the happy recipient of "the best recipe" of many of the best housekeepers throughout the United States. All of these recipes have been so frequently repeated and changed in my workshop, that it is safe to say that every one here given will work out uniformly good in the hands of the housewife who uses the book.

Where it has been possible, without sacrificing too much quality, the recipes have been changed to meet the modern need of economy, and they are based on the family of six.

I have found many excellent cook books, giving so many new methods for one dish, that it becomes confusing to the women in search of the one method—the best. I have therefore avoided, as much as possible, repetition and directions, but endeavored to give everything pertaining to each subject necessary to an intelligent understanding of same. The desire to give all possible, and at the same time to simplify the book has made my task of compiling no small one.

No book of mine would be complete without mention of those household goods which have meant so much to me, and so I have asked merchants and manufacturers whose products have been tried out and found indispensable in my own housekeeping, to advertise in this volume. I can vouch for the excellence of each advertised product and attest the fairness of the advertiser.

I sincerely trust that the recipes in this collection tried, will give perfect results, and repeated frequently will form a rosary of encouragement and pleasure to my readers. If I can leave one iota of the joy of housekeeping which has been mine, to those younger women struggling to understand the problems and appreciate the worth and beauty of commonplace things, I shall not have lived in vain.

The Author.

Los Angeles, September, 1929

Mrs. Kate Brew Vaughn

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Appetizers, Hors D'oeuvres and Cocktails

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CHAPTER I

APPETIZERS—COCKTAILS

Cocktails, usually served at the beginning of dinner or luncheon, may be of shell fish, fruits or vegetables, the important points being that the course shall be served cold, look good and be very appetizing in taste.

SHELL FISH COCKTAIL—Oyster, crab, shrimp, lobster, mussels and clams give variety in shell fish. These are dressed with cocktail sauce, horseradish, lime or lemon juice, and are served in cocktail glasses. The glass should be embedded in a large one partly filled with cracked ice.

FRUIT CUP—Made with one or more fruits combined. Orange and pineapple cut in small pieces and put together with lemon or orange juice, served in cocktail glasses. Garnish with sherry or strawberry. The canned fruit, known as fruit salad, may be used for fruit cup or cocktail.

FRUIT COCKTAIL—Cocktails may be made of two or more fruits, cut rather larger than for fruit cup.

Half of a small cantaloupe thoroughly chilled and filled with strawberries, raspberries or grapefruit.

Orange basket filled with melon balls (using French scoop to cut the watermelon, honey dew and cantaloupe in balls), cover with powdered sugar and lemon juice or wine flavoring. Color some of the cantaloupe green and garnish with sprig of mint if desired. Persian melon and casaba may be used.

BERRY COCKTAIL—Berries capped and sprinkled with powdered sugar.

Mash one teaspoonful in each cocktail glass, add 1 spoon lemon sherbert and 1 spoon pineapple chunks, then add few whole berries.

CRAB MEAT APPETIZER

Have ready one pound of flaked crab meat, add 1 teaspoon salt, 1 teaspoon prepared mustard, 1 tablespoon oil, ¼ teaspoon paprika, a few grains cayenne, 1 teaspoon chopped parsley, 1 finely chopped hard-cooked egg, 3 tablespoons lemon juice, ¼ cup shredded lettuce.

Chill, serve in cocktail glasses or scallop shells with mayonnaise and garnish with fillets of anchovies, arrange lettuce across the tops.

CRAB COCKTAIL

2 cups flaked crab meat
⅔ cup cocktail sauce

METHOD—Add cocktail sauce to crab meat and serve very cold. Cocktail sauce may be a commercial brand or may be made by combining equal portions, mayonnaise, chili sauce (drained), catsup and a bit of horseradish.

CRAB OR LOBSTER A LA LOUIS

Rub bowl with garlic, add 1 teaspoon mustard, ½ teaspoon salt, ½ teaspoon sugar. Beat into this ⅔ cup salad oil, 4 tablespoons chili sauce, 1 teaspoon grated horseradish, 1 teaspoon Worchestershire sauce, 1 tablespoon vinegar. Place meat of one crab or lobster on bed of shredded lettuce. Pour sauce over this and garnish with hard cooked eggs. Should be consistency of soft jelly.

LOBSTER COCKTAIL

Allow ¼ cup lobster meat, cut in pieces, for each cocktail; season with 1 tablespoon each tomato, lemon juice, six drops tobasco sauce, 1/8 teaspoon finely chopped chives and salt to taste. Chill thoroughly and serve.

OYSTER COCKTAIL

Allow 6 oysters for each cocktail and have them and cocktail glasses thoroughly chilled.

Place in bottom of each glass a tablespoon of finely minced crisp celery, lay oysters on top and add the following dressing:

OYSTER COCKTAIL DRESSING

¾ tablespoon lemon juice
½ tablespoon tomato catsup
½ teaspoon finely chopped shallot
3 drops tabasco sauce
1 teaspoon grated horseradish
¼ teaspoon salt

Garnish with tiny strips of green pepper and canned pimientos.

OYSTERS IN ICE

Allow 6 oysters to each person. Season with salt, pepper, lemon juice and horseradish, place on bed of cracked ice on a plate.

COCKTAIL SAUCE

To one pint of good mayonnaise add 4 tablespoons double cream, 4 tablespoons essence of anchovy, 1 teaspoon paprika. Mix all thoroughly and stand 1 hour. By standing it absorbs color from the paprika. It should be nice and pink.

COCKTAIL SAUCE FOR CRAB, LOBSTER, ETC.

One-half cup mayonnaise, ½ cup French dressing, ½ cup chili sauce, 2 tablespoons finely minced pickles, 1 tablespoon minced pimiento. Mix well. To this may be added anchovy essence, and 1 teaspoon tarragon vinegar. Chopped chives or suspicion of garlic is well liked by some.

COCKTAIL SAUCE FOR LOBSTER, SHRIMP

Cut fish in good sized cubes and serve with tomato catsup, to which lemon juice has been added.

HORSERADISH SAUCE FOR SEA FOOD ON THE HALF SHELL

One tablespoon grated horseradish, 1 dash paprika, ½ teaspoon salt, 3 tablespoons cream. Mix horseradish with a little cream, 15 minutes before serving. When ready to serve add remainder of cream.

ORIENTAL COCKTAIL

1 cup sliced pineapple cut in small cubes
½ cup sliced preserved kumquats
6 maraschino cherries
2 tablespoons ginger syrup (from preserved ginger)
2 tablespoons maraschino juice
1 tablespoon grapefruit or 1 teaspoon lemon juice

METHOD—Cube the pineapple (about 5 slices make 1 cup). Drain all the syrup away from kumquats, and cut into thin slices, removing seeds. Cut cherries into 4 or 6 pieces. Mix the fruit together and pour fruit juices over it. Keep on ice one hour at least until well blended in flavor and thoroughly chilled.

Serve small portions in cocktail or sherbet glasses or orange basket cups. Only enough lemon or grapefruit juice to balance the sweetness of the other ingredients should be used.

CUCUMBER COCKTAIL

Peel, chill and dice 1 cucumber and add 6 diced radishes, 8 tiny button onions, cut in halves, and 2 tablespoons chopped pimientos. Have ingredients as cold as possible, place in cocktail glasses and add the following:

DRESSING

Mix together ½ cup salad oil, 3 drops tabasco sauce, 1 tablespoon chili sauce, 5 tablespoons vinegar, ½ tablespoon prepared mustard, and 1 teaspoon grated horseradish.

CELERY HEART APPETIZER

Celery hearts cooked, or canned celery hearts, marinated in French dressing and topped with an anchovy; serve on a lettuce leaf.

TUNA IN CUCUMBER JELLY

Flake one can tuna fish in small particles. To prepare the jelly, pare 2 cucumbers, slice and place in saucepan. Add 1 tablespoon nasturtium seeds, 1 slice onion, 1 teaspoon celery seed, a slice of minced green pepper, ¼ teaspoon powdered sweet herbs and cold water to cover. Season to taste with salt and simmer until the cucumber in very tender.

Press through a sieve, add 1 tablespoon lemon juice, ¼ teaspoon paprika, and for each cup of liquid use ¾ tablespoon gelatine softened in 3 tablespoons cold water.

When gelatine is dissolved, color green, cool and mold tuna fish in layers with slices of hard cooked eggs, bits of feathery parsley and sliced stuffed olives. Chill on ice and turn out; serve with spicy mayonnaise.

SARDINE HORS D'OEUVRE

Have ready tiny puff paste patties, not more than 2 inches in diameter. When ready to serve, reheat patties and fill the open spaces with the flesh of sardines pounded smooth and mixed with cheese melted in hot

Bechamel sauce, and highly seasoned with paprika. For a cup of sauce use a cup of grated cheese (not pressed down) and a dozen sardines.

TOMATO HORS D'OEUVRE

Carefully skin and hollow out tiny tomatoes. Sprinkle inside with salt and drain. At serving time fill with crab or lobster meat in small pieces, which has been mixed with Thousand Island dressing. A tiny bit of mayonnaise on top, ornamented with any contrasting color. Serve on a small lettuce leaf with a small piece of thin toast.

TOMATO-AVOCADO COCKTAIL

Skin ripe avocado (soft under the skin), take out seed with teaspoon, serving for each person about three teaspoons marinated in lemon or lime juice and combined with tablespoon diced tomato, half teaspoon green pepper, mask with tomato catsup.

TOMATO-AVOCADO COCKTAIL

1 large avocado
2 tomatoes
1 cup mayonnaise
½ cup cocktail sauce

METHOD—Peel avocado and tomato and cut in cubes. Combine mayonnaise with cocktail sauce; add to avocado and tomato. Arrange in cocktail glasses set in crushed ice.

TOMATO GARGOYLE APPETIZER

Scoop out 5 tomatoes, chop some of the pulp and 2 hard cooked eggs; add a box of caviar; mix and fill tomatoes with this mixture. Pour over the gargoyle sauce and serve on lettuce. (See Sauces).

CELERY ROOT COCKTAIL

Boil celeriac or celery root until tender. Dice and chill. Serve in tomato cocktail sauce combined with mayonnaise and lemon juice, and seasoned with green pepper or Worcestershire sauce as desired.

CELERY STUFFED WITH AVOCADO

Select fresh, medium sized stalks of celery, wash and dry carefully. Mash the flesh of a small avocado with

a fork and beat well, adding salt, pepper and lemon juice as seasoning.

Fill celery stalks with avocado. Garnish with small pieces or strips of pimiento. Chill and serve.

AVOCADO RELISH

Avocado cut in half; loosen the meat nicely with a teaspoon and fill with a salad of anchovies, herrings, diced tomatoes, green peppers, a little celery; mix with highly seasoned French dressing.

DEVILED ALMONDS WITH CHEESE

Mix in a chafing dish, or frying pan, 2 tablespoons each minced olives and gherkins, 1 tablespoon chili sauce, 1 teaspoon French mustard, and 1 teaspoon Worcestershire sauce. Cook 1 cup blanched and shredded almonds in 1 tablespoon butter until brown. Dust well with salt and paprika, add deviled mixture. Put on toast spread with cream cheese.

DEVILED ROE

Drain 7 to 8 pieces of fish roe (fresh or canned), roll in mixture made of 2 tablespoons melted butter, ⅔ teaspoon mustard, 2½ teaspoons Worcestershire sauce, salt to taste.

Mash the roe well, spread on toast and place in a hot oven for about 5 minutes. Garnish with thin slices of lemon.

VEGETABLE APPETIZER

Mix 1 cup finely shredded cabbage, ½ cup finely cut celery, 1 finely minced green pepper (from which the seeds have been removed), ½ tablespoon brown sugar, ½ teaspoon salt, and ¼ teaspoon mustard seed.

Moisten with French dressing, chill and serve in small glasses lined with crisp lettuce. Garnish with fillets of anchovies or sardines or serve with anchovy toast.

PINE ALGRETTES

Chop 6 slices of pineapple, drain. Add 2 tablespoons grated American cheese, a half teaspoon each of salt and pepper, 1 teaspoon sugar, 2 teaspoons toasted bread crumbs, and the stiffly beaten white of an egg.

Mix lightly, then heap on bread rounds and brown in the oven, but do not dry out or burn. Serve at once.

APPETIZERS

Serve thin slices of liverwurst, salami and blood pudding on platter, garnish with garlic flavored olives and stuffed celery.

ANCHOVY BASKETS

One hard cooked egg for each portion, cut away sides to form oval shaped basket, take yolk out and mash with anchovy paste, season with lemon juice and cayenne pepper. Use pastry bag and tube to fill baskets and serve with water cress or spread on rounds of toast.

TOASTED APPETIZER

Slice bread thin and toast on one side. Spread the toasted side with butter, sprinkle with good snappy cheese (grated) and on top of this add a little strained chili sauce or chutney. Roll and fasten with a toothpick. Toast in the oven and serve hot.

EGG AND CAVIARE CANAPE

Cut out round pieces of bread from slices ¼ inch thick and spread with butter, allowing to brown in the oven, chill and spread with plain caviare or with caviare seasoned with a few drops each of onion and lemon juice. Shape hard cooked eggs in baskets, removing the yolks and fill the baskets with tartar sauce (mayonnaise mixed with half its bulk of fine chopped pickles, olives, capers, parsley and chives). Place a slice of tomato over the caviare and egg basket on top of tomato. A slice may be cut from the end of the egg or the cooked egg yolk may be sifted quite thick over center of tomato. Serve salami and ripe olives with this.

LOBSTER CANAPE

Cut bread in ¼-in. slices and shape with doughnut cutter. Cream 2 tablespoons butter, add 1 cup finely chopped lobster meat, 1 teaspoon mustard, a few drops Worcestershire sauce, cayenne, and 6 olives finely chopped. Saute bread in butter and spread with above mixture.

CHEESE AND TOMATO CANAPE

Blend together 1 package cream cheese and about ½ as much Roquefort cheese, pepper, salt and enough cream to soften. Spread on toast rounds and cover with

slice of tomato, dipped in sharp mayonnaise. Add a spray of cress and serve.

TOMATO HORS D'OEUVRE (OPEN SANDWICH)

Spread slices of toast with pate de foie gras; on this place a thin slice of tomato, cover with cream cheese, dot with French mustard; then an artichoke heart. Cover with mayonnaise thinned with whipped cream; sprinkle with paprika and decorate with tiny strips of green pepper.

ROLLED SANDWICH

Slice bread as thin as possible, as for Melba Toast. Spread with cheese and Chutney sauce. Roll and hold in place with toothpicks. Put into oven about 400 degrees until slightly browned. Remove the toothpick and pass in living room with aperfits.

HEART OF ARTICHOKE APPETIZER

Arrange on plate for each service 1 heart of artichoke, a radish cut like a rose, several olives, a nice stalk of celery; sprinkle with crab meat; serve with French dressing. Put also on the plate a small triangle of toast.

ARTICHOKE BOTTOMS CANAPE

Cook artichokes, pluck leaves; spread over the bottoms, anchovy butter, and decorate with pickled cucumbers, capers or gherkins, and the whites and yolks of hard-cooked eggs. Cover with salad dressing and garnish with water cress.

VARIATION—combine celery with artichoke bottoms and add cocktail sauce. Garnish as above.

SARDINES AU PARMESAN

Heat a can of sardines in their own oil; add pinch of cayenne and ½ tablespoon lemon juice; drain oil and add following:

To oil add 1 teaspoon flour and egg yolk. Cook slowly until the sauce is thick, stirring continually. Arrange sardines on pieces of toast, sprinkle with parmesan cheese, pour over them the sauce and serve very hot.

Soups

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CHAPTER II

SOUPS

Soups made with stock have as foundation, beef, veal, mutton, fish, and poultry and are classified as:

BOUILLON—Lean beef seasoned and strained.

CONSOMME — Several different kinds of meats, highly seasoned with vegetables and spices and strained.

SOUP STOCK—Made from beef, veal, or mutton with vegetables and spices.

WHITE STOCK—Soup made from chicken, veal, mutton or fish with delicate seasoning, rice or macaroni.

CREAM SOUPS—Made of vegetables, fish, and white sauce combined with milk or cream.

PUREES—Made usually from vegetables (fish sometimes used) forced through a strainer and retained in milk or white sauce.

BISQUES—Made from shell fish, seasoned, and milk or cream added.

Clear soups are served for dinner, where they act as stimulants.

Cream soups sometimes separate, and paste made from butter and flour is added to boiling stock or milk and is called the binder.

SOUP MAKING

In soup making the aim is to draw out the juices of meats. The meat is cut into small pieces to expose a large surface, cold water is added and a very slow heat applied. In addition the water is salted, which tends to draw out the juice. The same is true in making beef tea or extracting beef juice for an invalid.

SOUP ACCESSORIES AND GARNISHES

CROUTONS—Cut stale bread into ½-inch cubes and brown slowly in the oven. May be buttered before browning if desired.

POACHED EGG GARNISH—A poached egg may be served on top of cream soup as a garnish.

WHIPPED CREAM—A spoonful of whipped cream dropped on either clear or cream soup is an attractive garnish.

HARD COOKED EGG—Riced, hard cooked egg yolk may be sprinkled over soup just before serving.

CHEESE GARNISH—Grated Parmesan cheese adds flavor and attractiveness to bland cream soups such as celery or potato.

CHOPPED PARSLEY—Sprinkled over cream soups.

PAPRIKA—Can be sprinkled over soup just before serving.

BREAD CRISPS—Cut sandwich bread as thin as possible and dry in a slow oven.

CUSTARD BLOCKS—Beat yolks of 2 eggs slightly, then into them stir a whole egg; add ½ cup of beef stock or milk; season with salt, pepper, and cayenne. Pour mixture into a shallow pan, about ½ inch thick; place pan in another one containing water and bake in oven until "set" (300 degrees F.). When cold, cut in fancy shapes or cubes. When needed for serving, heat in the soup or in boiling salt water.

SOUFFLE CRACKERS—Soak hard, thick crackers in ice water, drain, spread with melted butter and bake in a hot oven (450 degrees F.) until they are brown and puffy. Serve hot.

CHEESE STICKS—Cut stale bread into sticks the length of a slice of bread and ½ inch thick. Spread with butter and grated cheese. Sprinkle with paprika and brown in the oven until the cheese is melted.

Saute stale bread cut into ½-inch squares in butter.

EGG BALLS FOR SOUP

Yolks 2 hard cooked eggs; 1/16 teaspoon paprika; ¼ teaspoon salt; 1/16 teaspoon black pepper; 1 teaspoon onion juice or chopped chives. Mix well, then add 1 raw egg, thicken with cracker crumbs. Roll into balls. Drop in soup 5 minutes before serving.

STOCK FOR BOUILLON

2 lbs. lean beef (shin bone)
2½ quarts cold water
6 cloves
1 bay leaf
2 cups vegetables cut in dice, tomato, turnips, onions, celery, carrot in equal portions
Salt to taste

METHOD—Cut meat in cubes, break bones. Brown 1/3 meat cubes in frying pan with marrow and fat. Place cubes of meat in soup kettle with cold water and let stand ½ hour, at which time add browned cubes and bring gradually to boiling point. Skim few times. Cover and let simmer for 4 hours. Add vegetables the last hour. Strain and cool.

JELLIED TOMATO BOUILLON

3 cups sliced or lightly drained canned tomatoes.
¼ green pepper (free from seeds)
1 tablespoon chopped parsley

1 bay leaf
1 cup water
2 tablespoons gelatine
2 slices onion
2 stalks celery
4 whole cloves
½ teaspoon salt
1 teaspoon sugar

METHOD—Place in a saucepan, tomatoes, onion, celery, cloves, salt, sugar, green pepper, parsley, and bay leaf. Add water and simmer 20 minutes (covered). Strain and add gelatine softened in ½ cup cold water. Stir until gelatine is dissolved and pour into a bowl. Chill on ice and arrange by spoonsful, irregularly in bouillon cups.

Four cups of water in which 4 bouillon cubes are dissolved may be substituted for the tomatoes to make a jellied consomme. Omit salt if cubes are used. Any cooked vegetable desired may be stirred in when jelly is partly set.

CONSOMME

2 lbs. beef from the round
1 turnip
1 onion
1 parsnip
1 red pepper

1 carrot
1 tablespoon whole cloves
1 tablespoon chopped parsley
Celery (tough outside stalks may be used)

METHOD—Cover meat with 3 quarts cold water and let simmer 2 hours. Add other ingredients (scrape the carrot) and cook 1 hour. Strain and let stand over night. Skim off grease; clear, strain and serve.

CLEAR CHICKEN SOUP

1 hen
1 tablespoon chives (chopped)
1 carrot (sliced)
1 cup peas
1 tablespoon chopped parsley
Salt, pepper, cayenne to taste

METHOD—Put chicken on to cook in enough water to cover well, after it has cooked two hours, add vegetables and allow to simmer until chicken is very tender and the water is cooked down to about half. Remove the chicken and vegetables and allow the stock to cool. Skim off fat and if properly cooked there will remain a mass of jelly. Reheat this and strain. Float on top of each dish of soup a few slices of cooked carrot and a little finely minced parsley. A spoonful of whipped cream may also be added if preferred.

TO CLEAR SOUP

Remove fat from stock and put amount to be cleared in a saucepan, allowing the white and shell of one egg to each quart. Mix egg and shell with the cool soup stock, adding more seasoning if needed; beat well and set on stove over a medium flame. Stir until hot, to keep the egg from settling. Let it boil 20 minutes. Remove, skim and strain through a double thickness of cheese cloth over a fine wire strainer. The albumin in egg draws to itself the juices extracted from the meat which have coagulated.

JELLIED CHICKEN AND OYSTER CONSOMME

20 oysters
Pint of oyster liquor
½ cup cold water
1 quart clear chicken stock
Salt and paprika
Gelatine

METHOD—Finely chop the coarse half of oysters, add the soft portions, and scald in a pint of their own liquor. Remove soft portions, add ½ cup cold water and simmer for 20 minutes.

Strain oyster liquor through 2 thicknesses of cheese-cloth and add 1 quart of clear chicken stock, (this may be made from hot water cooked with celery tops and enriched with 5 chicken bouillon cubes).

Season to taste with salt and paprika and for each quart of liquid add 2 level tablespoons gelatine softened in a little cold water. Set aside in a cold place and when the mixture begins to thicken, add soft portion of oyster.

WHITE STOCK

2 lbs. knuckle veal
1 lb. lean beef (shin will do)
2 lamb shanks
3 quarts cold water
2 stalks celery
1 medium onion
Blade of mace
1 teaspoon salt
Few grains allspice

METHOD—Cut meat in cubes and break bones, cover with water, allow to stand 1 hour, simmer gently for 4 hours, cut celery, onion, mace, salt, few grains of allspice and let cook slowly for ¾ hour, add the stock and boil for 1 hour, add several egg shells (to clear). Strain through double thickness cheesecloth and cool.

GENUINE YANKEE CLAM CHOWDER

8 strips bacon
4 tablespoons bacon drippings
1 large onion (chopped)
1 quart boiling water
2 medium potatoes (cubed)
12 clams (chopped fine, or 2 cans minced clams)
2 teaspoons salt
¼ teaspoon pepper
3 tablespoons flour

METHOD—Fry bacon, chop meat and put drippings in kettle; add onion, chopped, saute 5 minutes; add

water, cubed potatoes and cook until potatoes are done. Add chopped clams and juice, boil 5 minutes slowly; add salt and pepper and thicken with flour (moisten with water to smooth paste. Add bacon.

Serve with oysterettes, cube of bread croutons if preferred. If a more delicate chowder is wanted, take out 1 cup of water, using 1 cup milk instead; if preferred thickening can be omitted.

CORN CHOWDER

4 tablespoons onion, chopped
1 cup boiling water
4 slices bacon
1 can corn or equivalent fresh corn
2 cups boiling water
4 cups milk
¾ cup mashed potatoes
Salt and pepper

METHOD—Boil onion in water for 5 minutes. Fry bacon, chop fine, put onions in fat. Simmer corn in 2 cups boiling water 10 minutes. Add milk and mashed potatoes, bacon, onions, salt and pepper. When well blended serve with crackers (added to chowder at the end if desired.)

OXTAIL SOUP

1 oxtail (jointed)
1 large onion
½ green pepper
1 pip garlic
1 can tomatoes
3 carrots
1 turnip
1 bay leaf
1 slice lemon
2½ quarts water
¼ cup rolled oats
Salt and pepper to taste

METHOD—Wash oxtail, cut in pieces. Dredge with flour and brown in hot fat in pot. Add onion, pepper and garlic and add remaining vegetables and water. Cook slowly for 2 hours or more and when almost done add rolled oats. Serve with thin strips of toast.

PHILADELPHIA PEPPER POT

2 green peppers
¼ cup rice (uncooked)

2 beets, 2 onions
2 cups cooked rice
1 tablespoon butter
½ pound fresh tripe
2 quarts cold water
1½ pounds veal knuckle
Salt, celery salt
1 cup canned tomatoes

METHOD—Chop finely the peppers, onions and beets. Melt butter in saucepan, add chopped vegetables and stir over a moderate flame until butter is absorbed. Add fresh tripe, cut in small cubes, cold water and veal. Season to taste with salt and celery salt, cover kettle closely and simmer for 2 hours. Add tomatoes and rice; let simmer for 40 minutes. Remove the veal bone, cool, skim and reheat before serving.

TENNESSEE SOUP

1 shin bone (beef)
2 pounds round of beef, cut in small pieces
3 ears corn, cut and scraped from ear
¼ cup rice
1½ teaspoons salt
1 quart tomatoes
1 large onion
2 large potatoes
12 pods okra
1 carrot
1 turnip
1 leek
3 whole cloves
1 short blade mace
1 tablespoon caramel

METHOD—Put cracked shin bone and meat in heavy pot and thoroughly cover with cold water. Add salt and bring slowly to boiling point and simmer for 1 hour. Add vegetables, except corn and rice, cut small, and cook for 1 hour. Add corn and rice and cook for 30 minutes. Take up 1 cup vegetables and rub through sieve, add to soup. Remove bone, skim fat off top and serve with the meat and vegetables mixed with liquid.

POT EN FEU (Thick Soup)

Cook in an earthenware pot which has a close fitting lid, good for slow cooking, which the success of the dish demands.

2½ lbs. good soup meat
Slice of beef liver cut in pieces
Small cracked bone
2 quarts water

4 carrots
2 small white onions
4 or 5 stalks celery
3 potatoes
2 turnips
2 tablespoons shredded parsley
Salt and pepper

METHOD—Place in pot the meat and bone; add water. Skim when it boils, add sliced carrots, beef liver, onions, celery, potatoes, diced turnips, and shredded parsley. Let simmer for 6 hours; add seasoning and cover pot. When cooked, take out the bones and meat, cut into small pieces and return to the soup. Let stand uncovered in a cold place until the fat forms in a cake on top. Remove it, reheat and serve with squares of crisp toast. The soup with the meat and vegetables should be cooked to the consistency of a thick puree. Add water if necessary.

MOCK TURTLE SOUP

1 calf's head
4 cloves
½ teaspoon pepper corns
4 allspice
Sprig thyme
¼ cup sliced onion
1 cup cooked strained tomatoes
⅓ cup diced carrots
¼ cup butter
½ cup flour
1 cup force meat in dice
½ lemon

METHOD—Clean and wash one calf's head; soak 1 hour in cold water to cover. Cool until tender in 3 quarts of boiling water to which cloves, pepper corns, all spice, sprig thyme, onion and carrots have been added. Remove head; boil stock until reduced to 1 quart. Strain and cool. Brown ¼ cup butter, and ½ cup flour, then pour in 2 cups brown stock, slowly; add the stock from the head, tomatoes, force meat in dice and lemon juice. Simmer 5 minutes, add custard cut in dice, egg balls, or force meat balls. Add salt and pepper to taste.

TOMATO SOUP (Thick)

5 quarts cold water
3 pounds soup meat (beef)
½ cup barley (pearl)
Pepper and salt

1 can tomatoes
2 cups lima beans
2 small onions
2 medium potatoes
2 small sprigs parsley

METHOD—Soak lima beans, if dry, over night. In the morning scald in hot water. Wash the meat, season with salt and pepper and cover with cold water. Bring to a boil slowly; boil 20 minutes, skimming occasionally. After 20 minutes add tomatoes, beans, potatoes, cut in quarters, onion, minced fine, and boil for 2 hours or until beans and potatoes are soft. Mash the vegetables in broth. Then add barley and cook very slowly for another hour. Serve hot. Peas or corn may be added if desired.

BEAN SOUP

1 pint dried beans
3 quarts cold water
½ pound salt pork cut in strips
½ onion cut fine

METHOD—Soak beans over night in lukewarm water. In the morning drain and put in kettle with cold water, salt pork and onion. Cook over a low flame, 4 hours, stirring often. Boiling water may be added if necessary. Season with salt and pepper.

PEA SOUP

1 cup dried split peas
6 cups water
½ teaspoon sugar
1 tablespoon butter
1 tablespoon flour
Salt and pepper

METHOD—Soak the peas over night. Drain and put them on to boil in the cold water and sugar over a low flame. Cook until soft, adding water if necessary to keep about 3 pints liquid. Rub through a strainer and put on to boil again. Bind with butter and flour rubbed together. Season.

GUMBO SOUP (SOUTH)

2 quarts chicken broth
12 okra pods
½ green pepper
1 cup tomato juice or pulp
1 cup diced chicken and ham
Salt
Cayenne pepper

METHOD:—To the chicken broth add 4 or 5 okra pods cut in pieces, half of green pepper and tomato juice or pulp. Let this boil until okra breaks into small pieces and then strain. Add diced chicken and ham, okra sliced into rings and strips of green pepper. Cook again until okra is tender. Season with salt and a dash of cayenne pepper. Serve with rice.

CHICKEN GUMBO SOUP (NEW ORLEANS)

4 tablespoons butter
1 tender chicken, cut in small pieces
2 slices ham, cut small
1 onion
1 bay leaf
1 stick cinnamon
3 whole cloves
1 quart oyster liquor
2 dozen okra pods
Salt, pepper and celery salt
1 can solid tomatoes
12 oysters

METHOD—Melt butter in soup kettle and when hot put in chicken and ham, sprinkled over with flour. When chicken is brown add onion and spice and cover and cook until onions are done. Add water, oyster liquor and okra, cut in thin slices; season with salt, pepper and celery salt and simmer for one hour and a half. Just before serving add tomatoes and oysters, stir well and serve with steamed rice. The rice should be prepared separately, placing in each plate a large spoonful of rice before serving the soup.

BAKED ONION SOUP IN PETITE MARMITE

4 medium sized onions
4 tablespoons butter
2 quarts stock (beef, chicken or just water)
Seasonings to taste
3 tablespoons flour
4 slices white bread
Grated Parmesan and Swiss Cheese

METHOD—Peel and slice onions and fry in butter until tender and slightly browned. This should be covered while cooking to allow to steam. Add stock and seasonings, mixed with flour until smooth. Allow to boil 1 hour. Toast bread in oven. Butter inside of

earthenware pot (regular small bean pot is fine), and arrange layer of bread in bottom. Pour boiling soup in and when bread comes to top sprinkle with grated cheese. Brown in oven at 275 degrees. Serve in the petite marmite (earthenware pot).

BOUILLABAISE

2 onions
2 leeks
2 pips garlic
3 tablespoons butter
1 cup wine flavoring
3 tomatoes
1 teaspoon Spanish saffron
1 teaspoon thyme
1 medium-sized lobster
1 pound rock cod
3 tablespoons butter
1 tablespoon chopped parsley

METHOD—Peel onions, leeks and garlic and chop fine. Cook in butter about ten minutes. Add wine flavoring, tomatoes (cut fine), Spanish saffron and thyme. Cook over low flame fifteen minutes. Cut lobster and cod in small pieces, add to first mixture and continue cooking fifteen minutes. Add butter and parsley. Stir without cooking. Serve with thin slices of toast. Thin to desired consistency with bouillon. Be careful not to make too salty.

PUREE OF JACKSON SOUP (Thick Soup)

4 good sized potatoes
1 quart milk
1 bay leaf
1 tablespoon grated onion
3 tablespoons diced celery
3 tablespoons chopped, cooked carrots
1 tablespoon butter
1 tablespoon flour
Salt and paprika

METHOD—Boil potatoes in salted water until tender. In the meantime scald together the milk, bay leaf, grated onion, celery and carrots. Simmer for 10 minutes, then turn into upper part of a double boiler, and add a white roux made from butter blended with flour. Stir until well thickened, cook for 5 minutes, and remove bay leaf. Season to taste with salt and paprika and add potatoes, mashed and pressed through a sieve. Thin with a little milk if too thick and reheat. Sprinkle top with parsley before serving.

VIRGINIA BRUNSWICK STEW

1 chicken or 2 squirrels
8 cups cold water
Inch length cinnamon bark
6 large fresh tomatoes (or 1 can tomatoes)
6 ears corn (or 1 can corn)
Salt, pepper, cayenne to taste
½ lemon
2 thick slices ham
2 cups lima beans
4 medium potatoes
½ cup butter

METHOD—Cut chicken or squirrels in small pieces in 8 cups cold water, add cinammon bark, lemon, cut in thin strips (no seeds) and cook until the bones may be removed from fowl. Broil ham, cut into small pieces and add to chicken with vegetables. Add 1 quart of water, ½ cup butter, pepper, salt and cayenne to taste, cook slowly until vegetables and meat are cooked like puree. Okra is added if liked.

OYSTER SOUP

3 pints rich milk
4 tablespoons butter
1 tablespoon flour
Pepper and salt to taste
3 whole allspice
1 quart oysters (about 4 dozen)
1 cup cream

METHOD—Heat milk to boiling point, add butter rubbed with flour, pepper, salt to taste, and allspice. Drain liquor from oysters into milk, let simmer 10 minutes; add the whole oysters and when they curl pour soup into tureen in which 1 cup hot rich cream is added. Cook in double boiler to prevent burning.

Toasted crackers may be served with stew or croutons.

BISQUE OF OYSTER, CLAMS, SHRIMP OR LOBSTER

1 quart shell fish
1 quart milk
2 tablespoons butter
Dash paprika
Dash of white pepper
1 tablespoon flour
½ teaspoon salt
1 teaspoon chopped parsley

METHOD—Drain, rinse and chop the fish; put into

saucepan and bring to boiling point, skim. Put milk in top of double boiler; add salt, pepper, paprika and butter and flour rubbed together; boil 3 minutes, add parsley and oysters and serve at once. Do not add oysters until ready to serve.

STANDARD CREAM SOUP

¼ cup butter
¼ cup flour
1 quart milk
2 teaspoons salt
Vegetable pulp and stock
½ cup grated cheese (if liked).

METHOD—Melt butter and stir in flour. When thoroughly mixed add cold milk and salt and cook until flour is cooked, stirring constantly until milk boils. Add the liquor in which the vegetable was cooked with vegetable run through a sieve. Beat with egg beater and serve.

Following are the portions of vegetables for different Cream Soups

PEA SOUP

2 lbs. green peas (before shelled)
1 teaspoon sugar

METHOD—Cook thoroughly, rub through sieve and add liquor used in cooking. Blend with white sauce.

TOMATO SOUP

1 can tomatoes or 1 quart cooked tomatoes
¼ teaspoon soda
1 teaspoon sugar
Slice of onion

METHOD—Before straining tomatoes into the white-sauce add soda which prevents the acid in the tomatoes from curdling the milk.

CORN SOUP

1 can corn (or equivalent of fresh corn scraped from ear)
1 tablespoon onion, chopped (add to the cream soup mixture).

ASPARAGUS SOUP

2 lbs. asparagus tips
1 cup asparagus liquor

METHOD—Cook asparagus until very tender, reserving a few tips for garnish. Rub balance through a sieve. Add liquor used in cooking; blend with white sauce.

CREAM OF SPINACH

1 quart cooked spinach
¼ teaspoon salt
½ bay leaf
¼ teaspoon paprika
1 egg yolk
Few grains parsley

METHOD—When seasoned spinach is very soft, chop, and run through a sieve; add to white sauce and add beaten egg yolk. Simmer, stirring well to set the egg and serve without reboiling.

CREAM OF MUSHROOM SOUP

½ lb. mushrooms
1 slice onion
¼ teaspoon salt
½ cup cream

METHOD—Wash and peel the mushrooms. Simmer about 25 minutes with the onion in ⅓ cup boiling water. Strain the water in which mushrooms were cooked, and with mushroom caps, chopped fine, to white sauce. Just before servng, add ½ cup cream and season to taste. Dried mushrooms may be used. Soak 1 hour in cold water.

CREAM OF CHICKEN SOUP

4 cups chicken stock
¼ cup chopped celery and onion
4 tablespoons flour
4 tablespoons butter
½ cup cold milk
2 cups milk
1 teaspoon salt

METHOD—Cook chicken stock with celery and onion for 15 minutes. Heat milk in double boiler. Blend thoroughly the butter and flour and stir in ½ cup cold milk. Pour the heated milk gradually on blended butter and flour; return to double boiler; add the stock, and cook 15 minutes. Season with salt and white pepper. Strain and serve.

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Eggs

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CHAPTER III

EGGS

Eggs have three roles in cookery. (1) to leaven—as when well beaten and folded lightly into a cake or souffle. (2) To thicken—as a custard. Beat them slightly, when a firm, solid consistency is wanted, not a porous texture. (3) To clarify—as in coffee and clear soup. Add the egg (beaten white for soup) to the cold liquid. As it heats, the egg will coagulate and take unto itself particles in suspension, thus clearing the soup.

Eggs are toughened by too high a temperature, cooking best at low temperature. When in doubt as to your cooking temperature—if the dish is made up largely of eggs—low temperature is safe.

CODDLED EGGS

For a soft egg (jelly-like consistency), coddle by letting stand 5 minutes in water at boiling point, 7 minutes to get a slightly firmer egg, and 15 to 30 minutes for the "hard-boiled" egg with a mealy yolk and firm white.

For a fluffy, creamy, scrambled egg, add 1 tablespoon of milk or cream to each egg, cook in oiled frying pan over low heat. When the egg begins to "set," lift from sides with a spatula and fold over. Continue this operation until egg is firm.

FRIED EGGS

Place 2 tablespoons fat—butter, bacon drippings, etc. —in frying pan, heat and drop in one egg at a time, until pan is fairly filled. Cover with lid for few minutes to allow egg to film over; remove with pancake turner, or baste with hot drippings.

POACHED EGGS

Butter lightly the shallow pan in which eggs are to be poached; add water enough to cover eggs; teaspoon lemon juice or vinegar causes white to more easily coagulate. Drop the eggs in one at a time and slightly shake the pan to prevent settling to bottom or spreading. Perforated cups may be used for this and assure success. Place the perforated cup in the pan of water and drop the egg in cup. Poach until as well done as liked.

SAVORY SCRAMBLED EGGS

6 eggs
2 tablespoons chopped green pepper
2 tablespoons chopped onion
¾ cup chopped mushrooms
4 tablespoons tomato catsup
Salt and paprika to taste.

METHOD—Beat yolks and whites separately, add to former green pepper and onion that have been cooked but not browned in bacon fat, mushrooms, catsup, salt and paprika to taste. Fold in whipped whites and stir until the whole is a light creamy mass. When mixture begins to thicken, add 1 tablespoon chopped parsley. Use smooth buttered pan, low flame.

EGG IN NEST (for Invalid)

Separate white from yolk of egg—one to each person to serve. Beat the white and arrange in buttered ramekin and drop the yolk intact in the center; dot over yolk, butter, salt and pepper. Bake in oven (350 degrees F.) 5 minutes.

FLUFFY OMELET

4 eggs
4 tablespoons boiling water
½ teaspoon salt
Few grains pepper
2 teaspoons oil

METHOD—Separate the yolks and whites. Beat the yolks until creamy and thick. Add water, salt and pepper; mix thoroughly. Beat whites until stiff and dry, fold in lightly. Put fat into the omelet pan, and when hot turn in mixture. Let cook for 10 minutes, moderate heat. When brown on the bottom and slightly firm on top, fold and serve on hot platter.

BAKED OMELET

1 cup milk
2 tablespoons butter
2 tablespoons flour
¼ teaspoon salt
1/16 teaspoon pepper
1 teaspoon savory sauce
4 eggs

METHOD—Make white sauce of milk, butter and flour. Season with salt, pepper and savory sauce. Re-

move from stove and stir in beaten egg yolks; fold in stiffly beaten egg whites. Bake in buttered baking dish about 45 minutes at 300 degrees F. Serve with broiled bacon.

ROLLED OMELET

6 eggs, separated
¾ teaspoon salt
2 tablespoons cracker meal
1 teaspoon baking powder
4 tablespoons cream
2 tablespoons fat

METHOD—Beat egg yolks until light, add salt and cracker meal, which has been soaked in cream; fold in stiffly beaten whites to which baking powder has been added. Put fat in pan, allow it to get warm, but not too hot, turn in egg mixture and roll as eggs begin to set. Have moderate all the time. When rolled, allow to stay in pan at least five minutes for omelet to become thoroughly cooked through. Serve with following sauce:

SPANISH SAUCE

1 green pepper
1 large onion
1 small clove garlic
1 can tomato sauce
1 can water
½ teaspoon salt
¼ teaspoon pepper
3 tablespoons cornstarch
½ cup cooked peas

METHOD—Fry green pepper, onion and garlic until nicely browned, then add tomato sauce and water, salt, pepper and cornstarch, dissolved in a little of the water. Last of all, add peas. Serve hot over omelet.

NORMANDE OMELET

1 tablespoon chopped onion
1 tablespoon green pepper
2 tablespoons oil
2 tomatoes
½ teaspoon salt
4 tablespoons boiling water
½ teaspoon sugar
¼ teaspoon paprika
4 egg yolks
4 egg whites

METHOD—Brown onion and pepper in oil, add tomatoes (peeled and cut), salt, sugar, paprika and egg yolks beaten with boiling water; add vegetable mixture and fold in stiffly whipped egg whites. Cook slowly as for plain omelet and serve inverted on a hot platter. This can be baked in a casserole (oven 300 degrees F.).

FLURRIED EGGS

1 cup cream
1 teaspoon butter
½ teaspoon salt
1 teaspoon chives
5 eggs

METHOD—Heat cream with butter, salt and chopped chives. When very hot but not boiling, break the eggs and add one at a time. Baste with cream (but do not stir) until the whites are firm. Serve on slices of buttered toast and thin slices of ham.

BAKED EGGS

1 tablespoon chopped onion
1 tablespoon chopped green pepper
2 tablespoons bacon drippings
6 eggs
Salt to taste
1 tablespoon minced parsley
Buttered bread crumbs

METHOD—Fry slowly onion and pepper in bacon drippings for 3 or 4 minutes and sprinkle over bottom of baking dish, using drippings in pan. Over this break eggs, sprinkle with salt and minced parsley and crumbs that have been mixed with melted butter. Bake in oven (350 degrees F.) until eggs are set.

BURGUNDY EGGS

Poach 4 eggs and place in flat buttered baking dish, the bottom of which has been covered with bread crumbs, grated cheese, salt and paprika. Pour over ½ cup thick sauce (2 tablespoons each flour and butter for 1 cup liquid) and cover with crumbs and cheese. Place in hot oven to melt cheese.

EGG PIE

Cover the bottom of ramekin with buttered bread crumbs; add slightly beaten and seasoned egg; top with more crumbs and bake at 350 degrees F. for 5 minutes. Serve at once.

ESCALLOPED EGGS

6 hard-cooked eggs
1½ cups highly seasoned sauce
½ cup chopped stuffed olives
Buttered crumbs

METHOD——Chop eggs. Blend with sauce and stir in chopped olives. Turn into a baking dish, cover with buttered crumbs, and brown in oven at 350 degrees F.

CREOLE EGGS

Hard cook the eggs. Run through a ricer and arrange alternate layers of egg and Creole sauce in a buttered baking dish. Cover with crumbs and brown in the oven.

STUFFED EGGS

Cut hard-cooked eggs in halves. Run yolks, through a sieve, mix with a little butter, salt, dash of tobasco sauce and a dash of pepper. When well mixed, stuff each half egg white.

EGG CUSTARD FOR DECORATING

Separate yolks from whites of 2 eggs. Beat yolks slightly, add 2 tablespoons milk and a few grains of salt. Strain into a buttered cup, put in saucepan surrounded with boiling water to one-half depth of cup, cover, put on back of range, and steam until custard is firm. Beat whites slightly, add few grains of salt, and cook as yolks. Cool, turn from cups, cut in thin slices, then in desired shapes.

BAKED CUSTARD

⅔ cup milk
1 egg
⅓ teaspoon sugar
⅛ teaspoon salt
⅛ teaspoon nutmeg

METHOD—Scald milk. Mix egg, sugar, salt and nutmeg with milk. Pour in custard cups and bake in slow oven in a pan of water until knife, when inserted, comes out clean.

EGG SURPRISE

Bake potatoes until dry and mealy. Cut gash long enough to scoop out starchy potato. Mash and season highly and refill the shell, leaving out sufficient to be replaced with a whole egg, broken and dropped in cavity. Replace in oven and bake 5 minutes longer.

Fish

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CHAPTER IV

FISH

Fish, with the exception of salmon, mackerel and eels, will be found to be very easily digested, giving to brain workers and those of sedentary habits, proteins in easily digested forms. Fish has often been called brain food, not because it contains large portions of phosphorus, an element found abundantly in nerve tissue, but because of the ease with which it is digested.

Boiling and baking are the best methods to employ in cooking fish. Fish, if lacking in fat, may be fried or broiled.

Before purchasing, examine the fish. The eyes and gills should be bright and the flesh firm. Fish should never be put in a refrigerator, uncovered, as the strong odor contaminates delicate foods.

HOW TO BAKE FISH

Have a good sized fish well cleaned, stuff and sew up the opening; brush over with butter and dredge with flour, sprinkle with salt and pepper, place around the fish slices of salt pork and lay in a baking pan with a little boiling water. Allow 15 minutes to the pound and baste frequently. Serve with sauce and garnish with lemon and parsley. Temperature 400 degrees.

BROILED OYSTERS (Wilmington)

Drain and wipe oysters; dip in melted butter seasoned with salt, pepper and a pinch of cayenne, place on wire broiler and cook in oven, using drip pan to hold liquor. When oysters begin to curl, increase heat for about 2 minutes, turning the broiler so that all sides are uniform. Serve these in well-heated bowl, and pour over the liquor in drip pan.

VARIATION 1.—Tomato sauce, 1 teaspoon for each large oyster may be used, spreading over one minute before removing from oven.

VARIATION 2.—Ramekins. well buttered, filled with 3 or 4 large oysters, 1 teaspoon cracker crumbs, ½ teaspoon butter, salt, pepper, and cayenne to taste. Bake in oven 400 degrees F., for 15 minutes.

VARIATION 3.—Arrange drained oysters on slices

of bread which have been toasted on one side. Place oysters on toasted side, season with salt and pepper; sprinkle with parsley. Dot over with uncooked bacon. Place in oven at 450 degrees F. If bacon is not cooked by time the under side of bread is toasted, run tray containing slices of toast etc., under flame of broiler for few minutes. Serve immediately with hot catsup.

FRIED DEVILED OYSTERS

½ teaspoon paprika
¼ cup vinegar
1 teaspoon grated horseradish
1 tablespoon Worchestershire sauce
28 oysters
½ cup salad oil
½ teaspoon salt

METHOD—Drain oysters, dry and marinate in dressing composed of oil, salt, parika, vinegar, horseradish and Worcestershire sauce, for 1 hour. Drain, dip in beaten egg; roll in crumbs, and fry in deep, hot fat to a rich brown. Drain on brown paper before serving.

OYSTERS EN BROCHETTE

½ pound sliced bacon
3 dozen oysters
1 tablespoon butter
1 tablespoon minced parsley
Lemon slices
Chopped olives

METHOD—Cut bacon in 1-inch squares. Have 6 steel skewers and on these string first a strip of bacon, and next an oyster, which has been dipped in seasoned butter, and minced parsley, and continue until skewer is filled. Put into broiler and turn around from time to time until nicely curled and bacon is done. Serve on the skewers with cocktail sauce. Garnish with lemon slices and chopped olives.

OYSTERS A LA ORLEANS

2 egg yolks
1¼ cups thin cream
1 tablespoon butter
¼ teaspoon salt
¼ teaspoon paprika
¼ teaspoon white pepper
1 teaspoon Worcestershire sauce

1 dozen medium sized oysters
½ cup flaked crab or lobster
2 tablespoons orange juice

METHOD—Beat egg yolks, add cream, butter and seasonings; allow to thicken in double boiler. Add oysters, mushrooms and crab or lobster; allow to become thoroughly heated through. Add orange juice and when ready to serve add dash of paprika to take off the pale-faced look.

BROILED LOBSTER

Lobster
Melted butter
Chili sauce
Salt
Paprika

METHOD—Have fish dealer split lobster, remove intestinal cord. Brush the cut flesh of lobster over with melted butter and broil under the gas broiler about eight minutes on flesh side and six minutes on shell side. Serve very hot, accompanied by seasoned melted butter and chilli sauce. The large claws should be broiled with the lobster, then cracked before being placed on the serving platter.

If preferred, lobster may first be boiled, then split and broiled, in which case ten minutes' cooking will be enough. Where a boiled lobster is being broiled it must be basted with melted butter two or three times during the cooking to keep the flesh tender and juicy.

LOBSTER A LA CREOLE

3 sliced tomatoes
½ green pepper
1 clove garlic
2 tablespoons butter
1 teaspoon a la Bercy sauce
2 tablespoons flour
1 cup cream
1 lobster, cut in dice
1 egg yolk

METHOD—Simmer together tomatoes, green pepper and garlic. Melt butter, add flour and strained vegetables. Add cream and lobster, and let cook for ten minutes. Add egg yolk and sauce Serve on toast, very hot. Crabs or shrimps are also cooked in this way.

HOT LOBSTER MOUSSE

1 cup thick white sauce
2 eggs separated
1 ½ cups flaked lobster
¼ teaspoon white pepper
½ teaspoon salt
¼ teaspoon paprika
1 teaspoon sherry flavoring

METHOD—Add white sauce and yolks to flaked lobster. Season with pepper, salt, paprika and sherry flavoring. Fold in egg-whites. Turn into well-buttered ring or fish mold, cover, place in pan of hot water. Bake until firm in 350 degree oven. Unmold on warm platter and fill center with creamed celery. Butter the mold well, place in refrigerator until ready to use so butter will remain on the sides of mold.

PANNED SOFT-SHELL CLAMS

12 soft-shell clams
2 tablespoons butter
Hot buttered toast

METHOD—Cut tough portion from clams, wash in their own liquor several times, with a very little water added; drain. Saute in butter for about 2 minutes, turning carefully; place on hot buttered toast and pour over the following sauce; or dip in batter and fry.

SAUCE

2 tablespoons butter
1 tablespoon flour
½ cup clam juice
Dash cayenne pepper
1 cup cream

METHOD—Heat butter, add flour and stir in clam juice. Add pepper and let come to boil. Add cream and when hot, pour over clams and serve immediately.

SOFT-SHELL CRABS

6 crabs
2 eggs
1½ cups milk

METHOD—See that the crabs are lively when prepared for cooking. Clean them carefully or have the dealer clean them Wipe each crab carefully with a

damp cloth and allow them to stand for half an hour in a bowl with a custard of eggs and milk most of which will be absorbed by the crabs. This makes them very juicy and delicious. After lifting from the custard bath, coat each one with beaten egg; then roll in bread crumbs and saute for about eight minutes or cook golden brown in deep fat hot enough to brown a piece of bread in one minute, or 350 degrees F.

SHRIMP CREOLE

1 small onion, chopped fine
2 tablespoons butter
2 teaspoons flour
1½ cups tomato juice
1 tablespoon sugar
2 cups fresh cooked or canned shrimp
1 green pepper
1 teaspoon Worchestershire sauce
Salt and pepper to taste

METHOD—Brown chopped onion in melted butter; blend in flour and stir in gradually the hot tomato juice to which sugar had been added. Cook for a few minutes, add shrimp and green pepper cut fine. Heat thoroughly and serve in a nest of boiled or steamed rice.

LOUISIANA SHRIMPS WITH RICE

3 tablespoons minced onion
4 tablespoons butter
4 tablespoons flour
1 cup stewed and strained tomatoes
3 cups chicken stock, or bouillon cubes and water
Salt and pepper to taste
Small pinch ground sweet herbs
2 cups cooked shrimps
Steamed rice

METHOD—Cook onions in butter. Blend in flour and add gradually the tomatoes, and chicken stock; stir until smooth. Season to taste with salt and paprika and ground sweet herbs. Add shrimps, cut in pieces, and enough steamed rice to make a thick consistency. Serve from a casserole or chafing-dish.

SHRIMP IN RAMEKINS

1 tablespoon butter
2 tablespoons flour
2 cups cream or milk
1 teaspoon salt
⅛ teaspoon pepper
Dash cayenne

3 hard-cooked eggs
2 cups shrimps
2 tablespoons chopped parsley

METHOD—Melt butter, add flour and stir until smooth; add cream and stir constantly until mixture thickens. Add eggs, which have been put through a sieve, shrimps, chopped fine, parsley and seasoning. Fill ramekins, cover top with bread crumbs, dot with butter and brown in hot oven.

PANNED ROE WITH BACON AND MUSHROOMS

½ pound roe
8 slices bacon
¼ pound peeled mushroom caps, cut in halves
1 cup water
½ tablespoon Worchestershire sauce
Salt and paprika to taste
1 tablespoon flour
⅓ teaspoon lemon juice

METHOD—Parboil the roe for 5 minutes, drain and plunge in cold water. Fry quickly 8 slices bacon, remove and in hot fat saute the roe and mushroom caps. When well browned transfer roe to hot platter containing bacon and add to mushrooms, water, Worcestershire sauce, salt, paprika, and flour blended with a little water. Stir constantly until sauce boils and is very smooth, season with lemon juice and pour the mushroom gravy over the panned roe. Lay bacon over the top and garnish with cress.

BAKED FISH WITH STUFFING

Wash a three-pound fish, rock bass, barracuda or rock cod, wipe with a dry cloth and put in stuffing. Sew up; place in a baking pan, dredge with salt, pepper and flour. Pour 1 cup tomato into bottom of pan and bake in moderate oven; baste frequently. Allow 20 minutes to each pound of fish. Garnish with lemon and parsley. Serve

with a sauce made from the tomato, add more juice if necessary.

STUFFING:

1 cup bread crumbs
2 tablespoons melted butter
1 tablespoon minced pickle
1 tablespoon minced onion
1 tablespoon minced parsley
½ teaspoon salt
¼ teaspoon pepper

METHOD—Mix ingredients together thoroughly, in order given, and stuff fish.

BAKED HADDOCK

Clean a four-pound fish, sprinkle with salt, stuff and sew. Cut 4 or 5 slits each side of the backbone and insert narrow strips of fat salt pork. Place in pan, sprinkle with a few grains of pepper, brush over with melted butter, dredge with flour and place around fish small bits of pork. Bake one hour in a 350 degree F. oven, basting every 10 minutes. In case fish seems to bake too fast lower temperature. Serve with drawn butter or Hollandaise sauce.

BAKED MACKEREL

Bake as for haddock, omitting to insert pork in back. Baste with ½ cup butter melted in 2/3 cup water.

BAKED HALIBUT WITH TOMATO SAUCE

2 pounds halibut
¾ teaspoon salt
⅛ teaspoon pepper
2 tablespoons flour
1 can tomatoes
2 tablespoons butter

METHOD—Clean fish, season with salt and pepper, dredge with flour, place in pan, pour over tomatoes, dot with butter. Bake in moderate oven, basting often.

FRIED HALIBUT

For frying, the fish should be a little over ½ inch thick. Wash well, dip first in flour which has been seasoned, then in egg, diluted with 2 tablespoons water, and then in bread crumbs or cracker crumbs. Fry in deep, hot fat. This may be served either hot or cold. Fat should be hot enough to turn a cube of bread golden brown in 40 seconds.

FRIED RAINBOW TROUT

I. Clean the fish leaving on heads and tails. Sprinkle

with salt and pepper, dip in flour, egg and crumbs. Fry in deep hot fat for about 4 minutes. Arrange on platter and garnish with lemon.

II. Fry as many slices of bacon as there are persons to serve, add sufficient fat and fry the fish completely on one side and turn. Corn meal is very desirable in place of flour and crumbs.

III. Fry with just enough butter in frying pan to keep from sticking. Turn once with pancake turner, and reduce temperature to cook and not burn.

FILET OF TROUT

Wipe each piece of fish with a damp cloth, then coat with beaten eggs (diluted with water) and seasoned cracked crumbs. Place in frying basket and cook in deep fat. Any other fish may be cooked this way to perfection. Serve with tartar sauce. Filets may be cut in pieces as large as the first finger and cooked in same manner as above.

FROG LEGS—Preparation and Cookery

Cut off feet; remove skin from legs by turning it inside out and pulling from large to small end—very much as pulling off tight-fitting kid gloves. Parboil for 5 minutes in boiling, salted water, acidulated with enough lemon juice or vinegar to make it slightly sour to the taste, about 1 tablespoon to 1 cup water.

Saute in butter; dip in fine-sifted crumbs, then in beaten egg, again in crumbs and fry in deep fat; heat in any rich sauce such as sauce supreme or Bechamel; place on toast and garnish with cress; or grill with mushrooms.

FRIED SALMON WITH SAUCE PIQUANTE

Marinate 2 1-inch thick slices of salmon in French dressing for about 2 hours. Remove and pan broil over moderate flame. Serve with following:

SAUCE PIQUANTE

1 tablespoon finely chopped challots
2 tablespoons butter
Dash of nutmeg
3 tablespoons vinegar
½ pint hot water or fish stock
Pepper and salt, if needed
Few chopped gherkins

METHOD—Put shallots, butter, nutmeg and vinegar into sauce pan and cook and stir until clear. Add hot water or fish stock, a few chopped gherkins and more salt and pepper if needed. Let come to boil and pour over fish.

FISH HAVANAISE

1 fish or 3 fillets of haddock
1 Spanish onion, minced, or 6 minced shallots
12 minced fresh mushrooms
Orange juice
4 tomatoes
Few drops tobasco sauce

METHOD—Bake fish on sheet for 20 minutes in oven at 400 degrees. Fry onion and mushrooms in butter 2 minutes. Moisten with orange juice; add peeled fresh tomatoes, cut in quarters, and tobasco sauce. Cook 10 minutes, pour over fish and bake 10 minutes.

BARRACUDA A LA POULETTE

2 pounds barracuda
Salt, pepper and lemon juice
2 onions
⅓ cup melted butter

METHOD—Arrange barracuda in fillets, freeing from skin and bones; cut in narrow strips,season with salt, pepper and lemon juice. Cut onions in slices and lay on fillets; let stand for ½ hour. Dip fillets in melted butter, roll, skewer into shape and dredge with flour. Arrange in greased casserole or baking dish and bake 20 minutes in moderate oven. Serve with white sauce and garnish with hard-cooked eggs.

SOLE BONNE FEMME

2 chopped shallots
2 tablespoons butter
2 ounces raw minced mushrooms
Salt and pepper to taste
½ teaspoon lemon juice
½ cup cider
¼ pint fish stock
2 tablespoons cream
2 ounces butter

METHOD—Put shallots, butter and mushrooms in pan; lay on the sole and season with salt and pepper. Moisten with cider and stock, or water, simmer; baste from time to time. When sole is tender, drain off cook-

ing liquor and add to it the cream; reduce to ½, and add the butter. Season with salt, pepper and lemon juice. Coat sole with this sauce and set in hot oven to brown.

PLANKED SPANISH MACKEREL

Have a two-pound Spanish mackerel split down the back. Dust with salt and paprika and rub with oil; lay on a well greased plank, fasten securely and bake in hot oven—450 degrees F., about 25 minutes. Baste frequently with melted butter and a few drops of lemon juice.

Remove from the oven, pipe around the edge a border of creamy mashed potatoes. Have ready the meat from a ½-pound can of lobster, dip each piece in melted butter and lay around the fish, just inside the potato border.

Run the plank under the broiler and brown quickly. Garnish with lemon slices, parsley and stuffed green peppers.

CREAMED BAKED FISH

1 large fish or several fillets haddock
2 tablespoons butter
2 tablespoons flour
2 cups milk
1 tablespoon grated onion
1 tablespoon minced parsley
Salt and pepper to taste
2 tablespoons sherry flavoring (salty)
1 small can mushrooms
Bread crumbs

METHOD—Bake fish 20 minutes in oven at 350 degrees. Make white sauce of butter, flour and milk. Add onions, parsley, seasoning, wine flavoring and mushrooms. Pour over fish in baking dish, cover with bread crumbs and brown in oven. Cold baked fish left over, may be used.

FISH MOUSSE

2 pounds fish
4 tablespoons butter
4 tablespoons flour
1 cup milk
½ teaspoon salt
1 teaspoon onion juice
2 teaspoons wine flavoring
3 eggs

METHOD—Boil fish until done, shred or break in small pieces, free from skin and bone. Melt butter, blend

with flour, add milk and seasonings: Cook until thick and smooth. Add beaten egg yolks, remove from flame, add flaked fish and stir well. Fold in stiffly beaten egg whites, put in well oiled fish mold and cover. Set in a pan of hot water and bake in a moderate oven, 350 degrees F., one half hour. Unmold on hot platter garnish with potato roses, dill pickles and parsley.

FISH MOUSSE WITH STUFFED TOMATOES

1½ lb. fresh fish (halibut or baracuda)
3 egg whites
1¾ cups heavy cream
Salt and pepper to taste

METHOD—Remove skin and bone from fish, steam and chop very fine. There should be two well packed cups. Work very thoroughly, slowly and alternately into this the unbeaten egg whites and cream. Season with salt and white pepper. If it appears to be too stiff and firm add more cream, if not firm enough add more egg white or fish. This can be tested by poaching a small bit of mixture in basin of hot water. Butter mold, in form of fish, and fill with the fish mixture. Set mold in pan of hot water, cover with buttered paper, and bake in a moderate oven until firm to the touch. It will take about 30 minutes. Remove to serving platter, remove water which bakes out of fish, pour around it a rich cream sauce and at intervals place on the sauce stuffed tomatoes. Use a peppercorn in the head of the fish for the eye and garnish with parsley and hard cooked egg.

TUNA LOAF

1 cup thick white sauce
1 small green pepper, chopped fine
1 small can pimentoes, chopped fine
3 hard-cooked eggs, cut in pieces
1 medium-sized can tuna

METHOD—To the white sauce add green pepper, pimentoes and hard-cooked eggs. Fold in flaked tuna. Place in baking dish, sprinkle top with bread crumbs, dot with butter and bake in oven at 350 degrees for about 30 minutes.

Poultry

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CHAPTER V

POULTRY

To determine the age of poultry, examine the feet and cartilage at the end of the breastbone; if both are soft, it is a young chicken; if hard, a fowl of more than a year's age.

Poultry is the flesh of domestic birds. Game includes the flesh of wild birds and some animals. The light meat in poultry is found on the breast and wings, where the muscles are little used. In the case of game, since the wing and breast muscles are much used, the darker and juicier meat is found there.

A chicken is distinguished from a fowl, first by the presence of pin feathers instead of hairs, by soft scales on feet instead of hard horny ones, by the pliability of the breast bone, and by the absence of layers of fat.

Owing to the shortness of the fibre and the lack of fat through the flesh, chicken, turkey and game are easily digested.

Chicken should be killed 24 hours before being used. To prepare a bird for cooking, singe it by holding over a flame and turning it until the hairs are removed. Remove pin feathers. Cut the skin around the leg an inch and a half below the leg joint, taking care not to cut the tendons, then place leg at that joint over the edge of a board or table and snap the bone. Then pull off foot and tendons. In a fowl tendons have to be pulled one at a time. Make a cut below the breast bone and remove the entrails, heart, gizzard and liver. Remove gall bladder from the liver. Remove the lungs from either side of the backbone and the kidneys, which lie near the hollow. Remove wind pipe from neck and crop. Cut off the neck close to the body leaving skin. Remove oil bag. Wash outside carefully and run water through the inside to cleanse it. The heart, liver, and gizzard are called giblets. Remove veins and blood from the heart and fat membrane from gizzard. Cut through the thick part of the gizzard and remove the part inside. Wash giblets and neck and cook together.

ROAST TURKEY

Dress a turkey carefully, hang in refrigerator overnight and in the morning truss and plump as for chicken, by washing alternately with hot and cold water several times. Then rub thoroughly, inside and out with butter, flour, salt and pepper. Place turkey in double roasting pan without water and without the cover in an oven 450 degrees F. Turn on breast for 30 minutes. When the skin is slightly brown, (this will take about 60 minutes), remove turkey from the oven and fill the cavity with dressing. Fill the crop as full as possible. Inasmuch as it will be very hot, do not try to sew it up, but wrap the legs and wings and strip the breast with salt pork. Do not "stuff" the turkey, just comfortably fill it. If dressing is packed in, it will be heavy. Allow 25 minutes to the pound and roast in 350 degree F. oven. Cover turkey after dressing has been placed inside and it will not need any more basting.

When turkey is cooked to a delightful crispness, remove from roaster to hot platter, garnish with celery curls, toasted fingers of bread and sauted mushrooms. Cook the liver, heart and gizzard in 1 pint of water until liver and heart can be rubbed through a sieve and the gizzard cut in small pieces. After the bird is removed from the roaster, add ½ cup of flour to the drippings in the pan, cook over the flame and stir continually until golden brown and smooth. Add the liquid from the giblets and season with salt and pepper.

ROAST DOMESTIC DUCK

Clean, singe and draw duck and prepare same as for roast chicken. Rub well with orange and season with salt, pepper and a little garlic, if desired. Stuff with either bread dressing or with mashed potatoes and onion.

If fowl is young and fat, have no water in the pan; if old, add a little water for basting. Cover pan and brown the fowl on one side, turn and brown on the other. Keep turning and basting every 15 minutes until fowl is tender. Keep pan closely covered while baking. Roast from 1 to 4 hours or until meat on breast and legs

is tender to the touch. Skim most of the fat from the pan, add 2 tablespoons flour and 1 cup hot water for gravy. To bread dressing add powdered sage. Serve with hot apple sauce.

ROAST WILD DUCK

Canvas Back, Red Head and Mallard

Pick carefully, singe, draw and wipe with wet cloth; truss with neck twisted around to close the opening in breast, and turn rump down to close opening through which it was drawn. Season with salt and roast rare from 18 to 25 minutes. Place in hot dish and place tablespoon cold water inside to prevent coagulation of juice. Serve with currant or plum jelly; also wild rice.

ROAST GOOSE

In purchasing a fowl, be sure that it is a young one. Wash out the bird first with a weak solution of baking soda and water, then with hot water and next with cold water. Wipe off outside with a damp cloth.

Fill the goose and lightly fill the incision in the breast with poultry dressing. Sew up vents and truss goose as turkey. Turn the breast side down in a large dripping pan, sprinkle with salt and dredge lightly with flour. Place in a hot oven (450 degrees F.). When flour begins to brown, pour in 2 cups boiling water. Baste frequently with gravy in pan unless self basting pan is used. After it has cooked for 1 hour, reverse the position and finish with breast uppermost. Roast bird, if good size, about 2½ hours. Serve on a large platter, surrounded with border of small spiced apples and garnish with crisp celery tops. Garnish with Painted Ladies.

PAINTED LADIES

Whole (pared) apples cooked in thick colored syrup, under cover in the oven; when done, each side is colored with red jelly. Can be served with meat or game, either hot or cold.

ROAST CHICKEN

Wash the fowl but do not let it soak in cold water. Stuff loosely with bread. Rub over with salt, butter and flour and strip with bacon. Place in a dripping

pan, breast side down, add a little hot water. Cook in 450 degree oven and when flour begins to brown, turn on back and baste with drippings. Reduce heat to 350 degrees when nicely brown. Cook until the breast of the meat is tender; time from 2 to 3 hours, according to age. Serve with corn fritters, garnish with slices of orange and jelly. Make gravy of drippings.

EGG-BREAD STUFFING

4 thick slices stale bread
1 teaspoon salt
¼ teaspoon pepper.
2 tablespoons grated lemon rind.
1 tablespoon chopped parsley
1 egg

METHOD—Soak bread in cold water until soft, squeeze and press out the water. Add salt, pepper, lemon rind, poultry seasoning and parsley. Moisten with egg. Use for stuffing meats or birds which are to be baked or roasted.

CHESTNUT STUFFING

Shell 50 chestnuts, blanch them and boil in salted water until tender, or bake the chestnuts in shells; chop fine and mix with equal amount of bread crumbs, season highly with salt and pepper and moisten with melted butter.

SAUSAGE DRESSING

1 loaf white bread (3 days old)
2 corn meal muffins
1½ cups mild onions (chopped)
4 tablespoons butter
1 cup chestnuts (cooked and chopped)
Salt and pepper to taste
½ lb. small sausages.

METHOD—Crumb bread and muffins without toasting or grating. Cook onions and celery in saucepan with 4 tabespoons butter. Add chestnuts combined with bread crumbs and season with salt and pepper and sausages which have been broiled and sliced. Cover and let stand for several hours. Pack lightly in crop and cav-

ity of bird, make balls of remainder and place them about the bird.

BROILED CHICKEN

Singe, wipe and with a sharp pointed knife, beginning at the back of the neck, make a cut through backbone the entire length of bird. Lay open the bird and remove contents from inside. Sprinkle with salt and pepper and place in a well oiled broiler. Broil 20 minutes, watching carefully and turning broiler so that all parts may be equally browned. The flesh inside must be exposed to the flame the greater part of the time as the skin side will brown quickly. Remove to oven for ½ hour to finish cooking. Remove to a hot platter, spread with butter and sprinkle with salt and pepper.

N. B.—Chickens are apt to burn while broiling and may be partly cooked first in the oven. Place the chicken in a dripping pan, skin side down, sprinkle with salt and pepper, dot over with butter and bake 15 minutes in a hot oven; then broil to finish cooking.

BLANKETED CHICKEN

Split and clean 2 broilers, place in a dripping pan, sprinkle with salt and pepper, 2 tablespoons green pepper and 1 tablespoon chives, finely cut. Cover with strips of bacon, and bake in a hot oven until chicken is tender. Remove to serving dish and pour around the following sauce.

To 3 tablespoons fat, taken from dripping pan, add 4 tablespoons flour and 1½ cups thin cream or ½ chicken stock and ½ cream may be used. Season with salt and pepper.

CHICKEN STEWED WITH DUMPLINGS

Cut chicken up and place enough water in pan to cover, and 2 slices of bacon. Cook slowly for 1 hour and add more water, if needed to cover.

When the chicken is thoroughly tender, put in dumplings, made like biscuit but rolled thinner. Place them over the top of the stew and cover tightly, boil until done, (about 15 minutes).

Mix a teaspoon of butter in a tablespoon of flour, or less, if not liked very thick; add salt and pepper to taste,

a little parsley and celery seed. Put this in the gravy and when it has thickened pour in a cup of cream or milk and let it boil up once. Serve hot.

VARIATION—Chicken may be stewed whole, meat removed from bones and returned to thickened liquid.

CHICKEN EN CASSEROLE

One 2 to 3-pound chicken or fowl
1 tablespoon flour
1 teaspoon salt
¼ teaspoon paprika
3 slices salt pork, diced
Boiling water
½ cup rice
2 green peppers, minced
1 cup sifted canned tomato

METHOD—Cut up chicken as for fricassee and roll each piece in flour to which salt and paprika have been added; brown in fat; place in a casserole with salt pork, add boiling water to almost cover, and simmer in oven, 350 degrees F, about 1½ hours, until chicken is almost tender. Then add rice, minced peppers and tomato; cook until rice is tender—about 40 minutes. Serve in casserole, garnish with cut lemon and parsley.

FRICASSEE OF CHICKEN

1 good sized chicken
Salt and pepper
1 tablespoon flour
1 tablespoon fat
1 tablespoon onion (minced)
1 tablespoon parsley (minced)
½ button garlic
1 quart water

METHOD—Disjoint chicken, season with salt and pepper, saute in hot fat and bring to a delicate brown. Remove to a saucepan in which the flour and fat have been blended, add onion, parsley and garlic; cook for a few minutes, stirring well and add 1 quart of water gradually. Simmer for 2 hours or until chicken is tender.

N. B.—A can of mushrooms may be added if liked.

SMOTHERED CHICKEN

Split chicken weighing 1½ to 2 pounds down the back, flatten with a cleaver, spread with soft butter, dredge lightly with salt, pepper and flour, place in double roaster or dripping pan, breast side down Strip with slices of bacon and cook uncovered in oven 450 degrees F., for ½ hour. Turn over and slightly dredge the breast, strip with bacon and add to the juices in the pan about ½ cup hot water. Cook until breast is slightly brown, cover the roaster and cook ½ hour at 350 degrees F. Remove cover for short time to brown. Use drippings to make gravy.

FRIED CHICKEN

Disjoint frying sized chickens. Wash thoroughly and dry slightly. Dredge with flour, salt and pepper and fry in hot fat to practically cover the chicken. Brown on first one side and then the other and when well browned remove to covered pan and bake in oven at 300 degrees F., for 40 minutes. In this way the chicken is well done and juicy.

GRAVY

Pour the fat from frying pan, leaving about 3 tablespoons, and the crumbs from the chicken. Add 3 tablespoons flour and cook until brown. Slowly add 2½ cups cold water. Cook until thick and brown; season with salt and pepper. Serve gravy separate.

CHICKEN (SOUTHERN STYLE)

Disjoint "frying size" chicken. When ready to use, wipe off with cloth. Dredge with salt, pepper and flour. Dip in well-beaten egg, roll in cracker or toast crumbs and fry in deep fat. When brown, place in dripping pan and cover, place in oven for 30 minutes (300 degrees F.), after which remove cover and allow to become crisp and brown. If desired, pour the cream gravy over chicken on a chop dish or serve separately in gravy boat. Serve with corn balls.

VARIATION—Chicken may be dipped into batter of 1 cup milk, 2 cups flour and 2 eggs, and fried in deep fat. Finish in oven as above.

HOT CHICKEN MOUSSE

2 cups cooked white meat of chicken
1 cup milk or chicken stock
½ teaspoon paprika
½ teaspoon white pepper
3 tablespoons butter
3 tablespoons flour
2 eggs, separated
1½ teaspoon salt

METHOD—Have chicken chopped very fine. Then add white sauce made of butter, flour, milk and egg yolks; season with salt, paprika and pepper. Fold in well beaten whites and turn into a buttered mold, cover, place in pan containing hot water and bake slowly until firm. Oven 350 degrees F., or lower to suit food being baked at same time.

TUREAN OF CHICKEN

1 cup soft bread crumbs
½ cup milk
3 cups minced chicken
1 teaspoon salt
2 tablespoons melted butter
¼ teaspoon onion juice
1 teaspoon minced parsley
3 eggs (separated)
⅛ teaspoon pepper

METHOD—Cook crumbs in milk until thick, add to chicken, with salt, pepper, onion juice, butter and parsley. Separate eggs, beat yolks until light, and add to the chicken. Fold in egg whites, beaten until stiff. Turn into well-oiled custard or timbale cups, set on fold of paper in pan of hot water and bake until firm; about 35 minutes, in oven at about 350 degrees F. This may be baked in one large mold. Turn out and serve with parsley sauce.

CHICKEN POT PIE

Dress, clean and cut chicken in pieces, roll in flour, brown in fat and add 1½ pints of water. Stew for 1 hour; pour off liquor. Combine 2 tablespoons flour and 2 tablespoons butter; add chicken liquor. Put chicken in baking dish, pour over the sauce, cover with a crust made of baking powder biscuit dough, rolled ½-inch thick; cut small slits in it for steam to escape and bake in a hot oven until crust is brown and well done.

VARIATION—To make individual pies, remove the meat from bones, use small pie pans or ramekins. Fill each pan 2-3 full of meat and sauce. Roll dough to fit

pans; butter well and bake as for baking powder biscuits. Serve at once.

CHICKEN A LA KING

2 tablespoons green peppers
¼ teaspoon white pepper
1 small can mushrooms
4 tablespoons butter
Paprika to taste
1½ cups cream
2 eggs
1 can pimentoes
3 cups white chicken meat, cooked and chopped.
2 tablespoons cooking sherry

METHOD—Cut peppers, pimientoes and mushrooms in medium sized slices. Put butter in chafing dish with peppers and cook until tender; add pimentoes and mushrooms, chicken, seasoning and cream. Let come to boil; add slightly beaten eggs and cook 3 minutes. Add sherry flavoring and serve.

CREAMED CHICKEN

2 cups milk
1-16 teaspoon white pepper
Dash paprika
¼ teaspoon salt
3 tablespoons butter
3 tablespoons flour
1 tablespoon Worcestershire sauce
1¼ teaspoons onion juice
2 cups tender chicken, chopped fine

METHOD—Melt butter, add flour and stir until bubbly. Add to hot milk and stir in double boiler until thick. Season with salt, white pepper, paprika, onion juice and Worcestershire sauce. Add chicken and remove to back of range. Allow chicken to stand 20 minutes to ripen. Serve in rice border, on toast, or in patty shells or timbale molds.

CHICKEN NOODLE SOUFFLE

½ pound noodles
3 eggs, separated
½ pint cream
1 tablespoon butter
½ teaspoon salt
¼ teaspoon white pepper
1 tablespoon wine flavoring
2 cups diced chicken

METHOD—Cook noodles in boiling water until tender; drain and blanch. Beat egg yolks well; add cream, butter, salt and pepper. Add wine flavoring, chicken and noodles and cook in top of double saucepan. Fold in beaten egg whites a few minutes before removing from flame. Serve with asparagus.

PANNED SQUABS

Prepare squabs as young broiling chickens. Wipe with damp cloth, lay in shallow dripping pan and brush over with melted pork. Pour a little boiling water into pan, add 1 tablespoon hot fat and 2 tablespoons tart fruit jelly.

Roast in very hot oven, 450 degrees F. to 500 degrees F., basting frequently. Dust with salt after they have roasted 10 minutes. Brown well; do not over cook—20 to 25 minutes should be ample.

Have ready hot toast, dip in the gravy in pan, and arrange cooked squabs on them. Garnish with cress, serve with sauted mushrooms and wine jelly.

SQUABS EN CASSEROLE

Use small birds, allowing 1 for each person. Stuff with cooked rice that has been highly seasoned with onion juice, poultry seasoning, celery salt, salt and paprika.

Truss pigeons, rub over with oil and salt and brown in quick oven. Transfer to large casserole, add brown seasoned stock to half fill casserole. Simmer in oven at 350 degrees F., until birds are nearly tender; add 1 cup of tiny peeled onions and 1 cup halved mushroom caps that have been sauted in a little butter.

Thicken gravy with browned flour, add 1 tablespoon chopped parsley and garnish with toast points.

RABBIT

Rabbit may be prepared in any manner which will answer for chicken. It may be treated in much the same manner. Stewed with dumplings or with creole sauce, fried, baked or roasted.

BARBECUED RABBIT

Disjoint the hare, season with salt and pepper, place in a dripping pan in very hot oven and sear as quickly as possible; place in the pan a mixture of drippings, vinegar, red pepper and salt to taste, slightly sharp. Baste

the rabbit with this. Allow meat to cook in oven 400 degrees F. Use 1 cup of mixture to baste, and when nearly evaporated, rabbit should be served.

RABBIT (HUNTERS' STYLE)

2 young rabbits
Salt and pepper
1 thin slice ham
1 tablespoon lemon juice
1 cup dry mushrooms (soak in cold water for several hours)
1 tablespoon flour
1 tablespoon butter
1 onion

METHOD—Disjoint the rabbit, rub with salt and pepper and brown in kettle in melted butter. When meat is tender, add onion, chopped fine, ham, broiled and chopped fine, lemon juice, and water to cover. Cook for 1 hour either in casserole or in a kettle on top of stove. Add mushrooms, cook for 15 minutes and thicken with flour. Season to taste and serve.

Meat

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CHAPTER VI

MEATS

BROILING

Broiling signifies cooking over a coal or wood fire, or in the broiling compartment of a gas or electric stove. The broiler oven should be well heated. The broiler wires should be rubbed with a piece of fat before the meat is put on, and the cooking must be done quickly, the cut surface of the meat being seared or browned at once to retain the juices. If turned every little while, none of the rich gravy need be lost. The meat should be seasoned with salt and pepper on both sides when half done, a little butter being poured over it after the cooking is completed, to give additional flavor.

In broiling after the surface is browned, the meat may be moved a little farther away from the heat to cook it evenly to the center without charring the surface.

When done the meat should present a slightly puffy appearance because of the heated, distended juices. The length of time depends upon the thickness of the meat; from 7 to 8 minutes is enough for chops or a steak medium thick. Ham, fresh or smoked, takes about 15 minutes.

This same broiling process may be used for round or flank steak, first pounded to break up the fibers, or which has been allowed to stand for a few hours with a generous basting of salad oil and a few drops of vinegar; the oil enriches the meat while the vinegar softens the tough fibers.

PAN-BROILING

Pan-broiling must be adopted when a kerosene stove is used or when the bed of coals is not right for plain broiling. For this process heat a heavy frying pan smoking hot, but do not put in any fat, lay in the meat, turn at once to sear the other side, and repeat often until done, allowing the same length of time as for broiling.

Meats suitable for broiling or pan-broiling are:

BEEF—Porterhouse steak, sirloin, hamburg, club, tenderloin.

LAMB—Loin chops, neck chops, leg.

PORK—Tenderloin, chops.
VEAL——Cutlet, chops.

FILET MIGNON (with Bordelaise Sauce)

Allow one filet, at least 1¼ inches thick for each person. Have butcher flatten the steak with cleaver and bind tightly with strip of salt fat to hold firmly in shape.

Rub over surface of each with pip of garlic, then with a paste of 1 tablespoon soft butter, 1 teaspoon flour, and ½ teaspoon sugar.

Have the broiler well heated, (500 degrees F.), and place the meat within ½ inch of the edge of flame. A crust should form on one side before turning, and after both sides are brown in the intense heat, the temperature may be slightly reduced.

Leave the oven door open while broiling. From 7 to 10 minutes to each side of the steak will be required, according to personal preference. Remove to well buttered, hot platter and season. Remove the binder of salt pork. Serve with plain mushroom sauce or Bordelaise sauce.

PLANKED STEAK

Porterhouse or sirloin steak
1½ to 2 inches thick
Salt and pepper
Duchess potatoes
Stuffed peppers, or tomatoes
Onion rings
Mushrooms (optional)

METHOD—Wipe the steak, remove any superfluous fat, broil or pan-broil, for about 8 minutes. Season steak on both sides, then place on a plank, thoroughly heated, put a border of duchess potatoes around the edge of the plank by means of a pastry tube and bag. Place in a moderate oven (350 degrees F.), for 10 minutes to brown the potatoes and finish cooking the steak. Garnish with small stuffed peppers or tomatoes, onion rings, and mushrooms if desired. Put melted butter or Bordelaise sauce on top of steak just before serving.

HOME BARBECUED PORTERHOUSE

Porterhouse steak 3½ inches thick
½ tablespoon dry mustard
2 teaspoons paprika
1 teaspoon salt
½ teaspoon white pepper

2 tablespoons olive oil 4 tablespoons butter
1 tablespoon Worcestershire sauce

METHOD—Trim steak into shape, removing most of the fat and skewering it firmly into position. Add mustard, salt, pepper and paprika to the butter and rub the mixture well into the meat, rubbing on both sides and edges. Place on grate over a pan and set under the gas flame. Brush surface of steak every 5 minutes with olive oil and Worcestershire sauce mixture. The heat should be reduced after the outside is seared, turning it every 5 minutes and brushing with brush dipped in drippings from the steak. Cook 45 minutes and rub in more mustard with the moistened brush before placing meat on platter.

SWISS STEAK

Round-steak is used for this dish and should be cut about 1½ inches thick. For a slice weighing 2 pounds, use ½ cup flour mixed well with salt and pepper and pound flour well into meat with a wooden potato masher or the edge of a saucer.

Heat ¼ cup meat drippings or oil in heavy frying pan and brown meat on both sides; add 1 cup of sliced onions; cook for 10 minutes and add about 3 cups of boiling water, reduce to simmering and cook slowly, 60 minutes, well covered. Serve with potatoes cut into quarters lengthwise, boiled, rolled in melted butter and covered with minced parsley.

This steak may be placed in the oven, covered, after it is seared, and cooked (at 300 degrees F.) for 2 hours.

HAMBURGER STEAK WITH TOMATO SAUCE AND RICE BORDER

1 lb. round steak (ground) ¼ teaspoon pepper
1 teaspoon salt ½ cup bread crumbs
1 tablespoon chopped parsley

METHOD—Mix all ingredients well, then form into flat cakes. Brush pan with drippings, dredge with flour, and bake in hot oven (450 degrees F.). Serve on platter with tomato sauce and boiled rice border.

STANLEY STEAKS

1 lb. round steak (chopped fine)
Dash pepper
4 bananas
4 tablespoons butter
3 tablespoons flour
1 teaspoon salt
2 tablespoons butter
1 cup cold milk
¼ teaspoon salt
1 tablespoon horseradish

METHOD—Season chopped steak with salt and pepper. Peel bananas, put them in porcelain or glass dish, pour over 2 tablespoons butter, bake in quick oven ½ hour until brown. Form the meat into 4 or 5 flat cakes, with thick edges. Broil or bake them in a quick oven. Rub together 2 tablespoons of flour and 2 tablespoons butter; add cold milk; stir until boiling; add salt and horseradish. Pour this sauce in meat platter, set in the steaks, put a banana on each, and serve.

HAMBURGER STEAK WITH ONIONS

2 lbs. round steak (chopped)
1 teaspoon salt
½ cup bread crumbs
¼ teaspoon pepper
¼ cup cold water
2 or 3 onions

METHOD—Mix chopped meat thoroughly with bread crumbs, salt, pepper and water. Pat into shape, having edges of same thickness as the center, and let broil 2 minutes; place in a hot oven for 10 minutes. Cut ½ inch slices from onions, separate into rings and fry in deep fat to delicate brown, sprinkle with salt and serve with meat cakes.

ROAST BEEF

For roasting, the best cuts are the top or middle of sirloin, back of rump or the first three ribs. Rub over the surface with garlic and a mixture of 2 tablespoons softened butter, 1 teaspoon sugar and 1 teaspoon salt. Place in very hot oven (500 degrees F.), with skin side down, in a double roasting pan, without water, uncovered until a nice crust has formed all over the surface. Reduce the heat to 400 degrees F., and cover with self-basting cover. If the fat begins to burn, reduce to 350 degrees. Use drippings for gravy. For rare roast, 18 minutes per pound in 500 degrees F. oven is necessary. For medium roast, 20 to 22 minutes, according to size of roast. For very large roast, 22 to 25 minutes per pound.

ROAST PORK—Prepare same way as beef. Time for cooking, 35 minutes per pound.

ROAST VEAL—Prepare same way. Time for cooking, 35 minutes.

ROAST LEG OF LAMB—Hind and fore quarter—35 minutes per pound. Prepare same as roast beef.

ROAST BEEF GRAVY

Remove all but 3 or 4 tablespoons of drippings from the pan. Place over flame and add 3 tablespoons flour or enough to absorb the fat. Cook slowly, stirring until well browned. Add gradually 2 cups cold water; cook slowly, stirring until smooth and thick. Cook as long as circumstances permit, flavor to taste with caramel, wine flavoring or Worcestershire sauce. Salt and pepper to taste.

Browning the flour in the drippings insures a rich gravy, but if afraid of burning or lumping, combine the flour and water; blending flour well with a little of the water first.

YORKSHIRE PUDDING

2 eggs
1 cup milk
½ teaspoon salt
2 cups flour
2 teaspoons baking powder

METHOD—Beat eggs well, add salt and milk. Beat again; add flour and baking powder sifted together, cook 20 minutes (pour over steak).

CROWN ROAST OF LAMB

2 racks of lamb
Salt and pepper
Salt pork
Flour

METHOD—The rack of lamb consists of the chops, Frenched. The flat backbone is cut off and the two racks put together and tied with string to form a circle or "crown," with the meat inside. Get the butcher to prepare.

Place in a roasting pan, put a small, thick piece of salt pork on top of each exposed bone to protect it from charring and to baste the meat. Allow 20 minutes to each pound of meat and have the oven 450 degrees F., reducing after 20 minutes to 400 degrees, that the lamb may be cooked thoroughly yet not be dry. Baste with the fat in the pan, adding a little more if necessary.

Reduce more if the fat begins to burn. Salt and pepper when half done. Serve with brown gravy, potatoes, and any preferred green vegetable, and with mint sauce or currant jelly.

After the meat is cooked, remove the pieces of salt pork and replace them with cutlet frills. If desired, the trimmings of the chops may be finely mixed, added to half the recipe for bread stuffing, and the cavity filled.

PORK CHOP TURKEYS

6 pork chops, 1 inch in thickness
1 tablespoon minced onion
Salt and pepper to taste
¼ teaspoon poultry seasonings
1 teaspoon green pepper, minced.
2 tablespoons celery, chopped fine.
½ cup fat
1 quart milk
1 cup bread crumbs
1 whole egg

METHOD—Dredge chops with flour and brown in fat, turning over, so that both sides are well seared. Place in roasting pan or baking dish. Fry green pepper, celery, and onion; add bread crumbs and egg; add seasonings. Form dressing into small egg shapes and place 1 mound on each chop. Add enough milk to cover meat, but not to cover dressing. Place in oven at 350 degrees and cook for 30 minutes, adding more milk from time to time as needed.

N. B.—Good-sized rib lamb chops can be prepared this same way.

RUSSIAN PORK CHOPS

Cut slits between bones of very thick pork chops. Make a bread dressing of crumbs, eggs, butter, salt and pepper and fill chops. Place in a roasting pan and proceed as for any other kind of roast, placing the left-over dressing in the middle of pan.

IRISH STEW

2½ pounds shoulder of lamb
1 teaspoon salt
¼ teaspoon pepper
2 pounds potatoes (cut rather large chunks)
4 cups water
6 small carrots
6 small onions

METHOD—Have the meat cut into medium-sized pieces, cover with cold water and bring slowly to boiling point. Skim and add carrots, cut into eighths, simmer for 1 hour. Add onions, potatoes, salt and pepper and

continue to simmer until the meat and potatoes are tender; about 1 hour.

Arrange meat in center of large platter, place potatoes around it and garnish with carrots and onions. A little chopped parsley may be sprinkled over the top if desired.

HUNGARIAN GOULASH

1 lb. lean beef
1 lb. lean veal
1 tablespoon fat
1 large onion (diced)
1 teaspoon salt
1 teaspoon paprika
1 cup strained tomatoes

METHOD—Cut meat into 1-inch squares and brown in hot fat with the onion, salt and paprika. Add tomatoes. Cook 1 hour; ½ hour before serving, add 1 cup diced potatoes. Let cook slowly until potatoes are done.

BEEF EN CASSEROLE

1½ lbs. beef
1 tablespoon minced celery
1 small minced carrot
1 tablespoon minced parsley
1 tablespoon finely chopped onion
2 tablespoons flour
1 teaspoon salt
Dash paprika
2 cups boiling water

METHOD—Wipe meat with wet cloth and cut into small pieces, or if preferred, let remain whole. Place meat in casserole with onion, celery, carrot, salt, paprika, boiling water, and bake in hot oven 2 hours, adding more water if necessary. Put meat in center of platter. Mix flour with a little cold water and add to gravy. Boil 10 minutes. If not brown enough, add 1 tablespoon caramel. Pour gravy over meat and vegetables; sprinkle with chopped parsley. Garnish with sprigs of parsley.

BEEF A LA MODE OR SAUERBRATEN

4 lbs. beef, chuck, rump or round
1 teaspoon peppercorns
Vinegar and water
1 teaspoon mustard
4 to 6 gingersnaps
1 cup thick sour cream
Salt and pepper
1 onion, sliced
3 bay leaves
¼ cup sugar
¾ cup raisins

METHOD—Sprinkle meat with salt and pepper and rub thoroughly. Place with onion, bay leaves and peppercorns in deep earthen dish. Cover with water and

vinegar (equal parts if vinegar is very strong) and add salt, sugar and mustard, boiled. Pour hot over the meat to entirely cover. Cover dish well and put in a cool place, let stand 8 days.

Put meat in a kettle, add onion and a little of the spiced vinegar, place in a hot oven to sear and brown all over. Cover and let cook slowly (300 degrees F.) about 3 hours or until tender. Add more of the vinegar if necessary. Remove meat and keep hot. Strain liquid in kettle, skim off fat. Let ¾ cup sugar melt in iron spider, add very gradually and strain liquid, then raisins and gingersnaps, cook until thick and smooth, and pour while hot over meat. Add 1 cup of thick sour cream to gravy if desired.

BAKED HAM

12 pound ham
½ cup vinegar
2 tablespoons whole cloves
½ cup sweet sherry flavoring
1 tablespoon cinnamon
1 pound brown sugar

METHOD—Steam ham in water, with vinegar added, for 3 hours. (This allows 35 minutes per pound, half the time being given to baking.) While steaming, keep to simmering point. Remove skin, stick whole cloves into top of ham. Cover with sugar and cinnamon, mixed together. Place ham in double roasting pan, which contains 1 cup liquid in which ham was steamed and the sherry flavoring. Adjust the cover and bake ham at 350 degrees F. for 3 hours. Every 15 minutes ham should be recoated with the sugar mixture.

VARIATION—When ham has been steamed sufficiently and skinned, cover the entire surface with slices of pineapple, pressing them down into the tender fat and attaching with toothpicks. Make a syrup of 1 cup sugar and juice of pineapple and from time to time baste the entire surface with this syrup. Keep shutter of roaster closed throughout the operation, and when ham has baked a sufficient time, place a maraschino cherry in the center of each pineapple ring and remove toothpicks. One-half glass jelly dissolved in 2 tablespoons pineapple juice may be used to coat the entire upper surface of ham. The pineapple is used as relish with the ham.

VIRGINIA BAKED HAM

1 12-pound ham.
2 quarts water
½ cup vinegar
1 cup brown sugar
1 cup bread crumbs
1 teaspoon prepared mustard
1 teaspoon mixed spices (whole spice, cloves, cinnamon and allspice)
1 teaspoon spices, ground (cinnamon to predominate)

METHOD—Pierce ham right through to the bone, a dozen times or more, with a carving knife. This loosens the muscles and lets the steam get to the bone. Sugar-cured hams require no skinning before cooking, and no soaking.

Place ham on rack of double roaster, on top of stove. Add water and mixed spices. Cover closely and simmer for 1½ hours, turning ham over several times during that period. Remove ham, skin and rub over with mixture of brown sugar, bread crumbs, mustard, and ground spices, moistened with a little liquid in which ham was cooked.

Place ham in bottom of roaster, add 1 cup of liquid in which ham has been cooked. Bake for 4 hours at a temperature of 350 degrees F. It may be necessary to baste the ham from time to time, so that more of the crust will remain on.

The last ½ hour ham is in oven, leave shutter of roasting pan open so ham may brown, but do not increase the heat.

BLANKETED HAM

Have the butcher bone and skin the ham. Place this in roasting pan and with a skewer or ice pick make incisions at iregular intervals over the ham. Stuff these incisions with a paste of prepared mustard, sugar, cinnamon and black pepper, using equal amounts of each—about 2 tablespoons in all. Steam with ½ cup spiced cider in roaster covered for 2 hours (oven 400 degrees F.). Remove the ham and cover with 1 cup brown sugar, 1 tablespoon cinnamon and 1 cup bread crumbs, 1 teaspoon mustard, ½ teaspoon pepper. Bake 2 hours (300 degrees F.) and baste from time to time, sprinkle over the ham, bread crumbs, etc.

HAM LOAF

2 pounds pork (ground)
1 pound ham (ground)
Salt and pepper
1½ cups bread crumbs
3 eggs
2 cups milk
1 cup thick white sauce

METHOD—Mix pork and ham. Season with salt and pepper and sauce, add crumbs, beat eggs well, add milk and mix thoroughly with the meat. Place in well-oiled loaf pan. Bake in 350 degrees F. oven until solid; about 1 to 1¼ hours. Turn out on platter and garnish with parsley.

HAM AND — (Oven-Cooked Dinner for Six)

2½-pound slice of ham
½ cup water or orange juice
3 sweet potatoes
1 pound green lima beans
4 tablespoons boiling water
1 cup milk
4 tablespoons butter
1 tablespoon flour
1 cup brown sugar
Nutmeg and cinnamon

METHOD—The ham should be cut in 1 thick slice from the center cut. Sear on both sides in frying pan. Place in large double roasting pan on rack, add water. Meanwhile cut sweet potatoes in quarters, lay in roasting pan on one side of ham; sprinkle ham and potatoes with sugar and spices and dot with butter. Put beans with boiling water, milk and butter in baking dish and set in same oven with ham. Cook for 90 minutes in moderate oven. At the end of this time, drain liquid from beans, blend in flour, cook 5 minutes and return to beans.

The last 15 minutes of cooking ham, remove the cover of roasting pan and allow potatoes to brown.

BROILED HAM AND SWEET POTATOES

Place a thin slice of ham in a hot frying pan with 3 tablespoons drippings or oil, sear first on one side and then on the other; or sear in broiler. Boil sweet potatoes for 6, until tender. Peel and slice lengthwise. Arrange over ham in buttered casserole, moisten with sugar syrup (1 cup sugar, 1 teaspoon cinnamon, 1 cup water; boiled until thick). Cover casserole and bake in oven 400 degrees F. for 1 hour before serving.

N. B.—It is not necessary to parboil the ham before broiling or frying.

HORNS OF PLENTY

Carve boiled ham thinly—it should not be breakably tender. Roll each slice into a cornucopia; fasten with a wooden toothpick. Arrange on a chop plate, with open ends extending towards the edge and slightly raised, and fill each "horn" with any vegetable salad, highly seasoned and combined with mayonnaise. Between the lower ends of the horns arrange slices of hard-cooked eggs in a ring. Garnish with parsley and lettuce and pass more mayonnaise for the eggs.

BEEFSTEAK PIE

1½ pounds sirloin trimming or round steak, ⅔ inch in thickness
½ cup flour
Salt and pepper
8 tablespoons shortening
1 teaspoon Worcestershire sauce
2 tablespoons flour
2 cups water
Pastry

METHOD — Cut steak into individual servings, dredge with flour, salt and pepper, and pound as for Swiss steak. Melt shortening in frying pan and sear meat on both sides; when brown, cover and steam ½ hour. Put meat in casserole. Make gravy of drippings left in pan with flour and water, cook until smooth and clear; season with salt and pepper and Worcsetershire sauce; pour over meat and cover all with strips of pastry or baking powder biscuits. Bake in oven 400 degrees F. for 15 minutes, decrease heat and finish baking. Total time about 45 minutes.

PHILADELPHIA SCRAPPLE

1 medium sized onion
2 pounds shin of beef
2 quarts cold water
1 cup cornmeal
1 teaspoon salt
⅛ teaspoon pepper

METHOD—Fry onion, thinly sliced, in beef marrow or suet. Add to water with meat and bone and cook until meat is tender. Let cool, skim off fat and remove bone. To remaining liquid add enough water to make 1 quart. Add cornmeal and salt and cook 1 hour. Turn into mold to cool, cut in slices, and fry in pork fat until brown. Serve with or without gravy.

CALF'S BRAINS FRITTERS

Clean brains and simmer, covered with boiling water, to which is added ½ teaspoon salt, 1 tablespoon lemon

juice, 3 cloves, 2 slices onion and ½ bay leaf, for 20 mniutes. Remove from range, let stand in water until cold; drain and separate into pieces.

Make batter of ½ cup flour, 1 teaspoon baking powder, ¼ teaspoon salt, a few grains pepper, 2 eggs, well beaten, and ¼ cup of milk. Add brains and drop mixture by spoonsful into well-oiled, hot muffin rings, or drop in hot fat in shallow frying pan. Cook on one side until well browned, turn and cook other side. Arrange on a dish and serve with sauce.

CREOLE BRAINS

Scald brains for a few minutes in salted boiling water; when cool, cut in ½-inch slices and roll in meal or cracker crumbs; fry a light brown in deep fat and serve with Creole sauce.

TAMALE PIE

½ cup oil
1 medium-sized onion
1 clove garlic
¼ pound ground pork
1 can tomatoes
½ can ripe olives (pitted)
1 green pepper, seeded and chopped fine
1 pound ground round steak
½ cup dried mushrooms (soaked overnight)
2 chili peppers, cut very fine
¼ teaspoon Worcestershire sauce
Salt, pepper and cayenne to taste
½ cup grated cheese
1 tablespoon yellow cornmeal
1 teaspoon chili powder

METHOD—Heat oil in pan, cook onion and garlic until beginning to curl. Add green pepper and, when dark, add meat. Stir as though cooking scrambled eggs. When meat begins to brown, add tomatoes, olives, mushrooms, chili peppers and seasonings. Cook slowly for 1 hour, adding ¼ cup of water from time to time if too dry. When soft and mushy, add cheese, cornmeal and chili powder. Stir and cook only a few minutes longer. The mixture as put in the pie should be of the consistency of soft-baked hash.

The pie shell is made as follows: Add 3 cups boiling water to 1 cup cornmeal; cook until thick, stirring constantly. Line a large, deep pie pan, bottom and sides,

with this mixture about ½ inch thick. This may be prepared beforehand, and used cold and stiff. Pour in filling, spread remainder of mush over top and sprinkle with grated cheese. Bake at 350 degrees F. for 20 minutes.

VEAL CUTLETS

Use slices of veal ¾ inch thick. Boil slowly 10 minutes, until tender. Cut veal in pieces, dredge with flour, season with salt and pepper. Dip in egg, then roll in cracker crumbs. Fry in deep fat hot enough to turn a crumb of bread golden brown in 40 seconds. Drain on paper.

Or use 1 cup of oil in frying pan, heat well and brown first on one side and then the other. After the crust has formed on both sides, reduce the heat to cook without burning.

VEAL LOAF

2½ pounds veal, ground twice
½ pound pork, ground twice
6 soda crackers, rolled fine
¼ teaspoon white pepper
1 teaspoon savory sauce
3 whole eggs
2 tablespoons butter
3 tablespoons rich milk
1 teaspoon salt

METHOD—Mix in order given and work together well. Press into well-oiled and floured bread pan, fitting into corners. Bake 1½ hours, beginning with oven temperature at 400 degrees F. for ⅔ hour, and reducing to 350 degrees F. for balance of time. Remove from pan and use the liquor left for gravy, if desired. Serve hot or cold.

MOCK TURKEY

5-pound leg of veal
1 tablespoon mustard
1 tablespoon poultry seasoning
1 tablespoon brown sugar
1 tablespoon salt
Pepper
1 pip garlic, sliced
3 tablespoons vinegar
10 slices bacon
1 cup water

METHOD—Marinate veal with mixture of mustard, poultry seasoning, brown sugar, salt, pepper, garlic moistened with vinegar, and allow to stand several hours. Strip with bacon on top. Bake at 350 degrees F., allowing 30 minutes to the pound. There should be 1 cup of water in the bottom of the roaster while cooking.

N. B.—Excellent for slicing cold the second day.

DRUMSTICKS

⅔ pound veal
⅔ pound pork
2 eggs
4 tablespoons cold water
1½ cups cold water or milk
Cracker crumbs
6 tablespoons fat
Salt and pepper

METHOD—Cut meat into 2-inch squares, and stick on skewers, alternating pork and veal. This gives the appearance of drumsticks. Allow 1 drumstick to each person. Dip the drumstick first into the beaten egg, to which water has been added, and then roll in cracker crumbs. Fry in fat until brown on all sides. Season with salt and pepper. Add 1½ cups cold water and cover; cook for 1 hour on top of the stove. This may be cooked in a Dutch oven or it may be put into the oven covered and baked for 1 hour at 350 degrees F.

SLICED VEAL ROLL

1-pound slice of veal
2 ounces fat salt pork
1 slice onion
½ cup broken crackers
4 tablespoons cream
2 tablespoons hot water
1 cup aspic jelly made from liquid in pan
1 tablespoon lemon juice
1 teaspoon salt
¼ teaspoon pepper
2 hard-cooked eggs
Pimiento
2 ounces salt pork

METHOD—Trim the slice of veal so that it measures 6 x 10 inches. Put trimmings through food chopper with the salt pork, onion, crackers. Add the cream, hot water, lemon juice, salt and pepper. Shape into a cylinder as long as the veal is wide, putting the two hard-cooked eggs in the center. Sprinkle the slice of veal with salt and pepper, lay strips of pimiento crosswise, place the cylinder on top, bring the meat around and fasten securely with a string. Place in pan on the salt pork sliced thin, and cook, basting frequently until well browned. Add the stock or water, cover closely and cook slowly one hour or until tender. Cool and cover with aspic jelly.

VEAL BIRDS

2 pounds veal steak
2 tablespoons butter
½ cup chopped salt pork
1 tablespoon chopped onion
4 tablespoons drippings
¼ teaspoon pepper

2 tablespoons chopped dill pickle
3 tablespoons soft bread crumbs
2 tablespoons chopped green pepper
2 tablespoons chopped celery
2 cups water

METHOD—Wipe meat with damp cloth and remove fat. Score with knife by making criss-cross cuts to loosen tendons. Meat should be from ¼ to ½ inch thick. Cut into 4-inch squares. Melt butter, add salt pork and fry until brown. Add onion and green pepper, fry until beginning to darken; remove from fire, add celery, dill pickle, crumbs and pepper. Place portions of dressing on top of each piece of veal and spread out almost to the edge. Roll and tie firmly with cord. Roll in flour, fry in drippings until well browned. Add water, and cover. Allow to simmer slowly about 1½ to 2 hours, or until meat is tender. Add more water if necessary. This will make 8 birds.

SWEETBREADS

Delicious in many ways if carefully prepared. As soon as received from butcher, drop in cold water, and change many times. Clean by removing pipes and membranes. Put on in cold water to cover and juice of ½ lemon. Cook slowly about 20 minutes. Plunge them in ice water to make firm. This is the preliminary step to be taken, however the sweetbreads are to be used. When brittle again remove any membrane overlooked at first.

CREAMED SWEETBREADS

1 tablespoon butter — 2 egg yolks
Salt and pepper to taste — 1 cup cream
1½ cups boiled sweetbreads (cut in cubes)
1 cup stewed mushrooms (quartered)

METHOD—Heat cream in saucepan, add butter, salt, pepper and beaten egg yolks. Cook until smooth and thick, stirring constantly. Add sweetbreads and mushrooms. Serve at once in pattie shells or on hot toast.

FRIED SWEETBREADS

Cut clean sweetbreads in strips, dredge with flour, salt and pepper, and fry golden brown in hot butter. Make cream gravy of ½ cup cream and 1 tablespoon flour added to drippings in pan; stir until smooth.

CORNED BEEF OR BOILED DINNER

Have corned beef cut in 2-inch pieces, wipe and put in kettle. Cover with cold water and bring to boiling point. Remove all scum and reduce to simmering. Cook until tender; 1 hour for each pound of beef. Prepare cabbage, turnips, carrots and potatoes for boiling, cut cabbage into eighths, removing all tough outer leaves. Cut carrots in halves, and the turnips and potatoes in sizes to correspond with carrots. Remove cooked corned beef to a casserole or covered kettle to keep hot. Skim off top of water the beef was cooked in. Bring to the boiling point, add vegetables and cook until tender, about 25 minutes. Place meat on hot platter, surrounded with potatoes, turnips, carrots and cabbage.

CORNED BEEF HASH A LA MARK HANNA

2 pounds corned beef
6 medium-sized potatoes
¼ cup onion
1 cup milk
4 tablespoons butter
4 tablespoons flour
Salt and pepper to taste
1 teaspoon Worcestershire sauce

METHOD — Steam the corned beef 2 hours, run through meat chopper. Bake potatoes. Allow to cool and cut in dice. Mix corned beef, potatoes and onions together and pour over a cream sauce made of butter, flour and milk. Season with salt, pepper and Worcestershire sauce. Bake in 350 degree F. oven ¾ hour. Serve with poached eggs.

LIVER A LA MODE

1½ pounds liver (beef)
3 calves' brains
1 pound ground round steak
4 tablespoons chopped onion
4 tablespoons wine sauce
1 pip garlic
½ cup oil
1 cup bread crumbs
2 eggs
½ cup sweet relish

METHOD—Put liver and brains through food chopper. Combine with ground steak, onion and garlic. Fry in oil, stirring with spoon until partly browned. Add wine sauce, bread crumbs, beaten eggs, seasoning and relish. Place in casserole. Sprinkle top with bread crumbs and dot with butter. Bake about 1 hour in oven 350 degrees.

LIVER EN CASSEROLE

1½ pounds calf's liver
6 slices bacon
2 large onions
3 small carrots
6 fresh mushrooms, or small can
1 sprig parsley
1½ cups tomato puree
2 cups boiling water
5 medium-sized potatoes
3 tablespoons flour
½ teaspoon paprika
¾ teaspoon salt
½ cup water
1 teaspoon lemon juice

METHOD—Cut liver and bacon in pieces. Put in casserole with onions (peeled) and carrots (cut in cubes), mushrooms, parsley, tomato puree and boiling water. Cover and let cook in moderate oven—350 degrees F.—for 2½ hours. Add potatoes (cubed) at end of first hour. Mix together flour, salt, paprika, water and lemon juice; stir into liquid in casserole, and cook for 10 minutes before serving.

BROILED KIDNEY

Split kidneys in half, remove all fat and tissue. Cover with cold water and heat to scalding point. Do not boil. Drain and cut in quarters. Again cover with cold water and scald. Drain. Broil in pan as ham. Melt 2 tablespoons butter, add 2 tablespoons flour and cook until brown. Add 1 cup water in which kidneys were scalded or 1 cup stock. Cook until somewhat thickened, then season with salt and pepper. Stir until heated and pour over slices of toast cut in triangles.

TRIPE (MEXICAN STYLE)

Clean tripe well and boil in 1 quart of hot water until tender; add 1 or 2 buttons of garlic, chopped fine, 1 or 2 tablespoons chili powder and 1 can hominy. Stir well and let boil until done. Serve hot.

FORCE MEAT

2 cups meat
1 cup bread crumbs
1 teaspoon chopped parsley
½ teaspoon salt
Thyme and pepper
Few drops onion juice

METHOD—Grind or chop veal, chicken, pork, or mixture of all, add crumbs, parsley and seasoning. Bits of tongue or ham are very nice to add. Moisten with stock or cream.

Sauces

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CHAPTER VII
SAUCES

WHITE SAUCE (THIN)

1 tablespoon butter
1 tablespoon flour
1 cup milk
¼ teaspoon salt
Pinch pepper

METHOD—Melt butter in top of double boiler. Add flour and stir and cook until smooth and bubbly. Add milk gradually, stirring constantly. Add seasonings. Long cooking insures texture, color and flavor.

VARIATION I—MEDIUM WHITE SAUCE

2 tablespoons butter
2 tablespoons flour
1 cup milk
Salt and pepper.

METHOD—Make as above.

VARIATION II—THICK, BINDING SAUCE

2 tablespoons butter
4 tablespoons flour
1 cup milk

METHOD—Same as above.

VARIATION III—BROWN SAUCE

1 tablespoon butter
2 tablespoons flour
1 tablespoon Worcestershire sauce
2 cups brown stock
Salt and pepper to taste

METHOD—Brown the butter, add flour. Brown, stirring until smooth; add the stock gradually; cook and stir until sauce is smooth; season to taste.

VARIATION IV—BECHAMEL SAUCE

¾ cup highly seasoned white stock
½ cup scalded milk
2 tablespoons flour
2 tablespoons butter
¼ teaspoon salt
1/16 teaspoon pepper
1 egg

METHOD—Same as Rule I.

TOMATO SAUCE

2 cloves
1 slice onion
¾ cup tomato
¾ cup water
2 tablespoons butter
2 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper

METHOD—Boil the cloves, onion, tomato and water together for bout 5 minutes. Strain. Brown butter, add flour, cook 1 minute. Add gradually the hot liquid. Cook until smooth. Season to taste.

CREOLE SAUCE
(For Fish, Steak and Spanish Dishes)

3 tablespoons butter
1 onion

¼ green pepper
1 tablespoon flour
1 can tomatoes, or equivalent in fresh tomatoes
Salt and pepper to taste
1 teaspoon vinegar

METHOD—Peel and chop onion; cut green pepper fine; fry in butter until slightly brown. Add tomato, cook slowly until vegetables are mushy. Add flour (mixed with a little cold water), season and cook until thick and clear.

VARIATION—One-half cup peas added to this enhances its value.

SAUCE FOR BEANS (SPANISH)

1 tablespoon oil
1 pip garlic, mashed
¼ cup finely chopped onion
1 small can chili sauce or 1 can tomato pulp
2 tablespoons sugar
1 teaspoon cornstarch
½ teaspoon salt
Pepper
2 tablespoons cold water

METHOD—Melt shortening, add garlic and onion, fry until tender; add tomato pulp or chili sauce. Sift together cornstarch, salt, pepper, sugar and moisten with cold water. Add to first mixture and cook until smooth and thick.

RAVIOLI SAUCE

3 large onions (chopped fine)
1 large green pepper
2 cloves garlic
⅓ teaspoon sage
1 teaspoon sugar
1 can mushrooms (optional)
Liquid from mushrooms
½ cup grated Parmesan cheese
1 cup water
1 bunch parsley
6 tablespoons oil
2 cans tomato sauce
2 teaspoons salt
3 tablespoons flour
1 teaspoon chili powder

METHOD—Cut onions, peppers and parsley fine. Fry in fat until light brown, then add tomato sauce, water, garlic cut very fine, sage, sugar, salt and chili powder. Cook until garlic is thoroughly cooked, then add mushrooms, liquid and half cup cheese. Blend flour with a little mushroom liquid, add to sauce. Serve hot.

HOLLANDAISE SAUCE (TRUE)

½ cup butter
4 egg yolks
1¾ tablespoons lemon juice
⅓ cup boiling water
½ teaspoon salt
⅛ teaspoon cayenne

METHOD—Cream butter, add yolks of eggs one at a time, beating thoroughly after each is added until the

mixture is thickened. Then add lemon juice, salt and cayenne; place in double boiler, and add the water. Beat with a rotary beater until thickened like a boiled custard. Separates easily; in case this happens, start again with an additional egg yolk; beat well, add sauce, a little at a time, until thick and smooth.

N. B.—For broccolli, asparagus, etc.

MOCK HOLLANDAISE SAUCE

3 tablespoons butter
2 tablespoons flour
1 cup boiling water
2 egg yolks
2 tablespoons lemon juice
¼ teaspoon salt
1/6 teaspoon paprika

METHOD—Melt butter, add flour, and blend without browning. Add boiling water and cook for 5 minutes, then remove from heat, beat in the egg yolks, lemon juice, salt and paprika.

SAUCE MORNAY

2 cups thick cream sauce
2 ounces grated Parmesan cheese
2 ounces Swiss cheese
Seasonings to taste
4 tablespoons butter

METHOD—Reduce the cream sauce one-half. Add grated Permesan and Swiss cheese. Put sauce on stove to melt cheese, stirring constantly. Remove from flame, and add butter gradually; season to taste.

GARGOYLE SAUCE

Boiled mayonnaise, 2 teaspoons Worcestershire sauce, ½ cup chili sauce, ¼ teaspoon paprika, 2 tablespoons pearl onions.

SAUCE ESPAGNOLE

(Foundation for all brown sauces)

1 lb. neck or brisket of veal
1 veal knuckle
Bones containing marrow
4 quarts boiling water
2 tablespoons flour
Salt and pepper
4 tablespoons bacon or ham drippings
2 carrots
1 clove garlic
1 medium onion
1 leek
5 whole cloves
1 sprig parsley
1 bay leaf
¼ cup cooking sherry

METHOD—Have meat cut in small pieces, the bones cracked and marrow freed, add 4 quarts boiling water and cook 3 hours. Remove meat (cut in small pieces), dredge in flour, salt and pepper and brown in 4 table-

spoons hot fat. Add liquid, which should have been reduced to about 2 quarts, and vegetables and cook 2 hours, stirring occasionally, until reduced to a rather thick sauce. Strain through a sieve, season with salt and pepper to taste and add cooking sherry.

This sauce is used as a foundation for mushrooms and other fine sauces, for broiled steaks, chops, etc. May be cooked quite thick and kept in refrigerator in glass jar. It is thinned by the addition of liquids for sauce.

BORDELAISE SAUCE

2 shallots (or young onions)
½ cup water
¾ pint sauce Espagnole
Dash red pepper
½ cup claret jelly

METHOD—Cut shallots very fine, add ½ cup water and cook until very soft; mash and chop until mushy. Add the sauce Espagnole, red pepper, and wine jelly. Stir well and serve hot.

VARIATION

1 onion or 2 shallots
1 tablespoon olive oil
Liquid from 1 can mushrooms
½ cup sherry wine jelly
¾ pint Espagnole sauce
1 can mushroom caps

METHOD—Cut shallots or onions very fine, fry in olive oil and add mushroom liquid. Cook until onions are mashed fine, add Espagnole sauce, mushroom caps, chopped small, ½ cup sherry wine jelly; stir and pour hot over fillet mignon, sirloin or porterhouse steak.

BEARNAISE SAUCE

6 shallots (or young onions)
Salt and pepper to taste
2 tablespoons lemon juice
¼ teaspoon grated nutmeg
1 tablespoon vinegar
4 egg yolks
½ clove garlic
1 tablespoon butter
1 cup soup stock
¼ cup wine flavoring
2 beef extract cubes
1 tablespoon flour
1 tablespoon gelatine, soften in ¼ cup cold water

METHOD—Chop onions and garlic. Melt butter and fry onions until slightly brown, add soup stock, cook until onions are soft and can be mashed. Place in double saucepan, over hot water, add salt, pepper, lemon juice, nutmeg, vinegar and gelatine. Stir until all is well blended; add ¼ cup wine flavoring and beef extract cubes. Blend flour with a little of the sauce and

cook until smooth and thick. Remove from stove, add well beaten egg yolks, and stir constantly until consistency of thick starch. Serve on broiled steak, chops and fish.

EGG SAUCE (FOR FISH)

1 tablespoon butter
¼ cup sugar
1 egg yolk
2 egg whites
⅓ cup water
1 teaspoon vanilla

METHOD—Beat the butter and sugar to a cream; add the yolk of egg and when smooth add the well-beaten whites of the eggs, and gradually add the boiling water. Cook over boiling water for 2 or 3 minutes, flavor and serve.

TARTAR SAUCE (FOR FISH)

1 cup mayonnaise dressing
½ teaspoon onion juice
1 teaspoon chopped capers
1 teaspoon prepared mustard
1 teaspoon chopped parsley
1 teaspoon chopped pickles

METHOD—Add all ingredients to the mayonnaise, mix well and serve very cold on fish, or in little lettuce cups around fish.

ORANGE RAISIN SAUCE (FOR HAM)

½ cup seeded raisins
1 cup boiling water
5 tablespoons butter
½ cup sugar
3 egg whites
¼ cup orange juice
2 tablespoons lemon juice

METHOD—Cook raisins in boiling water until soft. Cream butter and sugar in double boiler and add boiling water and raisins. Beat in stiffly beaten egg whites, orange juice and lemon juice.

MINT SAUCE (FOR LAMB AND COLD MEATS)

1 cup finely chopped mint leaves
½ cup vinegar
2 tablespoons sugar

METHOD—Use only the leaves and tender tips of the mint. Add sugar to vinegar. When dissolved pour over mint and let stand on the back of the range for 30 minutes. If vinegar is very strong dilute with water.

HORSERADISH SAUCE

3 tablespoons butter
3 tablespoons flour
1 teaspoon salt
2 cups milk

½ teaspoon curry powder ½ cup horseradish
2 tablespoons cooking sherry

METHOD—Make a white sauce of butter, flour, salt and milk. When smooth add curry powder, sherry and horseradish. This is very nice with ham or any meat that does not have its own gravy. When serving cold meat and hot potatoes it is very delicious.

10-MINUTE CRANBERRY SAUCE

2 cups sugar 1 quart (4 cups) cranberries
2 cups water

METHOD—Boil sugar and water together 5 minutes; add cranberries and cook without stirring until skins pop. This usually takes about 5 minutes. Pour into wet molds.

PUDDING SAUCE

(Rice Pudding, Bread Pudding and Stale Cake)

1 cup granulated sugar 2 tablespoons butter
1 tablespoon cornstarch 2 tablespoons lemon juice
½ teaspoon salt 1 teaspoon vanilla
1 cup boiling water

METHOD—Sift together sugar, cornstarch and salt. Cook in boiling water until clear. Stir to prevent burning; place over water, add butter and flavoring. Beat well.

GINGER SAUCE

4 tablespoons butter ⅓ cup sugar
1 tablespoon lemon juice ⅛ teaspoon salt
2 eggs, separated ½ cup milk
3 tablespoons preserved ginger (chopped fine)
1 tablespoon preserved ginger syrup

METHOD—Melt butter in top double boiler. Add sugar, salt, egg yolks, ginger and ginger syrup. As mixture becomes hot, add the milk and stir constantly as for soft custard until thick (about 5 minutes). Add lemon juice. Before serving, fold in stiffly beaten egg whites.

I. CARAMEL SAUCE

Melt 1 cup of granulated sugar until it becomes a clear amber syrup. Add 1 cup of boiling water and simmer 30 minutes. Just before removing, add ½ cup marshmallows and beat thoroughly.

II. CARAMEL SAUCE

1 cup brown sugar
2/3 tablespoon cornstarch
½ teaspoon salt
4 tablespoons water
1 cup boiling water
1 teaspoon vanilla
½ teaspoon butter

METHOD—Put sugar, cornstarch, salt and 4 tablespoons water in a saucepan and cook, stirring constantly until brown, then add 1 cup boiling water and cook until clear. Add vanilla and butter. Serve hot or cold.

CHOCOLATE SAUCE

½ cup sugar
¾ cup boiling water
¾ cup milk
⅓ cup chocolate
1 tablespoon butter
1½ tablespoons flour
½ cup cold water
Few grains salt
½ teaspoon vanilla

METHOD—Add sugar to boiling water and boil for three minutes; add milk. Combine chocolate, butter and flour. Add cold water and stir into first mixture. Bring to boiling point and boil three minutes, stirring constantly. Add a few grains of salt, and vanilla; serve hot or cold.

If desired this may be poured hot over marshmallows. Use with sponge cake, as a pudding, with cottage pudding, ice cream, plain bread pudding or rice pudding.

HOT MARSHMALLOW SAUCE

1 cup granulated sugar
1½ cups boiling water
½ pound marshmallows
½ teaspoon vanilla

METHOD—Dissolve sugar in boiling water; wash down sides of saucepan; cover and let boil for 5 minutes. Remove from fire and add marshmallows and vanilla and beat until marshmallows are melted. Keep hot over warm water. Beat before serving. Two squares of chocolate may be added.

ITALIAN SAUCE

2 tablespoons butter
¾ cup powdered sugar
2 teaspoons cornstarch
3 egg yolks
½ cup boiling water
½ cup candied cherries
Juice and rind 1 lemon

METHOD—Cream butter, add sugar and cornstarch, egg yolks well beaten, and boiling water; boil 3 minutes in double boiler; add remaining ingredients and serve.

FRUIT SAUCE

1 cup currants
1 cup boiling water
¾ cup brown or white sugar
1 tablespoon cornstarch
1 teaspoon butter
1 teaspoon lemon juice
1 egg white

METHOD—Cook currants in boiling water until well plumped, slightly mash and add sugar and cornstarch, mixed, butter and lemon juice. Add well beaten egg white just before serving.

JELLY SAUCE

½ cup sugar
1 tablespoon flour
1 tablespoon lemon juice
1 glass jelly
1½ cups water

METHOD—Mix all together and cook until smooth and jelly is dissolved.

ORANGE SAUCE

3 tablespoons flour
½ cup sugar
½ cup hot water
1 tablespoon grated orange rind
2 tablespoons lemon juice
2 tablespoons butter
1 egg yolk
1 cup orange juice

METHOD—Mix flour and sugar thoroughly, add liquid and cook in double boiler until thick, stirring constantly. Remove from stove; add lemon juice, grated orange rind and butter. Beat egg yolk and add to sauce when ready to serve.

COFFEE MARRON SAUCE (ITALIAN)

½ cup marron syrup
½ cup strong strained coffee
2 egg yolks
Few grains salt
3 tablespoons cream
1 teaspoon sugar

METHOD—Drain syrup from a small bottle of preserved marrons (about ½ cup) and add coffee. Heat in double boiler and stir in yolks of eggs, beaten with salt, cream and sugar. Cook, stirring constantly, until well thickened. Remove from the stove, cool, and add coarsely chopped marrons. Chill on ice before serving.

MAPLE SAUCE

2 cups maple syrup
¼ cup milk
½ cup whipped cream

METHOD—Boil syrup and milk together to thread stage; cool, beat and add cream. Serve with puddings or ice cream.

STRAWBERRY HARD SAUCE

4 tablespoons butter
1 cup confectioner's sugar
1 egg white
4 tablespoons strawberry pulp
4 drops almond extract
1 teaspoon lemon juice

METHOD—Cream butter and sugar; add carefully the stiffly beaten egg white and strawberry pulp which has been finely mashed. Add flavoring. Mix carefully and chill thoroughly. Serve on hot pudding.

As much crushed fruit as one likes can be added, up to the point where acid of fruit begins to cause fat to separate. A little sugar may be added to pulp if necessary.

HARD SAUCE (HOT PUDDINGS)

¼ cup butter
1 egg white
2¼ cups powdered sugar (approximately)
1 tablespoon lemon juice
2 tablespoons wine flavoring

METHOD—Beat together softened butter, unbeaten egg white, lemon juice and wine or rum flavoring. Add sugar until about consistency of cake batter. Beat well, place in mound shape on plate and chill before serving. Juice of fruit may be added to color and flavor.

FOAMY SAUCE

1½ tablespoons butter
1 cup sugar
¼ teaspoon salt
1 egg, separated
½ cup warm water
Flavoring

METHOD—Cream butter, sugar and salt together. Beat yolk of egg well and add to mixture. Stir in warm water slowly and fold in the stiffly beaten white. Put in double boiler and cook until thick. Flavor to taste.

PEACH SAUCE

1½ cups peach puree
Powdered sugar (to taste)
1 egg white
½ cup double cream
Sweet almond extract

METHOD—Press sufficient peaches through a puree sieve to make 1½ cups. Sweeten to taste with powdered sugar and add the stiffly beaten egg white, double cream whipped stiff, and extract. Delicious with ice cream, blanc mange or cottage pudding.

Frying

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CHAPTER VIII

FRYING

"Sauteing" is browning in a small quantity of fat, and "frying" is browning in deep fat. At best, foods coated with fat are somewhat difficult of digestion. It is well to have the least possible quantity of fat soak into foods cooked in fats. It has been found that foods soak up more fat when sauted than when fried. The greatest care should be taken, however, to have the fat and the food to be fried in such a condition that as little fat as possible will be absorbed. The fat should be sufficiently hot for the type of food to be cooked. The food should be as dry as possible and the cooked food drained on soft paper. Although hot fat must be used for frying, care should be taken not to overheat it.

DEEP FAT FRYING

Since the temperatures at which foods are fried vary from 365 to 410 degrees F., the vegetable fats (like Snowdrift, etc.) are superior for deep fat frying, because they can stand higher temperature than animal fats before browning or breaking down.

If care is taken not to let the food burn and if the fat is carefully strained through a cheesecloth after using and then stored in a cool place, it may be used over many times.

For sauteing, the food is only partly submerged in hot fat, and when brown on one side, is turned on the other. There is seldom much fat remaining in the pan after this process. Butter is often preferred for flavor, especially for browning. Bacon fat is good for shallow frying, as for fish, potatoes, etc.

Croquettes of cooked vegetables, cereals, meat or fish mixtures are dipped in crumbs and egg and browned in deep fat. These food mixtures are shaped in various ways. Rice and potato croquettes are usually cylindrical in shape, while chicken croquettes may be shaped into cones. Croquettes may be dipped in melted butter and browned in the oven. Meat and fish are usually mixed with thick white sauce when used for croquettes.

If croquette ingredients are hot while mixing, it is necessary to cool thoroughly before shaping, in order that it may be as stiff as possible. Where white sauce is used to bind the ingredients, egg white is used on the outside for dipping; where egg is used as binder inside, this may be omitted.

Bread crumbs are preferable for all cooked croquettes, as chicken, because it browns quickly. Cracker crumbs are used for fish and oysters, because the same time required to brown crackers will be sufficient to cook the food.

White of egg is necessary to coat the croquette, the albumen coagulating immediately in hot fat forms a crust which prevents the fat being absorbed. It is well to dip the mixture, ready shaped, into whole egg beaten lightly with two tablespoons water, then rolled in crumbs, before placing in basket to fry.

Tests made to determine the best temperature at which to fry in deep fat:

Doughnuts fried at 365 degrees F. in vegetable fat are cooked in the shortest time (1 minute, 20 seconds) and are most superior, being perfectly dry. A cube of bread dropped into this fat becomes a golden brown in 60 seconds at this temperature.

Croquettes are fried at 380 degrees F., in fat deep enough to cover them. Place them in a wire basket and lower them into fat. In about 3 minutes, when a light brown, raise basket, drain for a minute or two and remove to brown paper. A cube of bread should brown in 40 counts.

Oysters and potatoes require fat at 385 to 410 degrees F. (because of liquid in food). A cube of bread should brown in 20 counts.

DOUGHNUTS

3 tablespoons shortening — 2 eggs
1 cup sugar — 4½ to 5 cups flour
4 teaspoons baking powder — 1½ teaspoons salt
1 teaspoon grated nutmeg

METHOD—Cream shortening, add sugar gradually, and well-beaten eggs. Sift dry ingredients (enough flour

to make a soft dough, 4½ to 5 cups), and add alternately to egg mixture. Roll out as soft as can be handled. Cut with cutter and fry in hot fat. Heat fat until a crumb of bread becomes golden brown in 60 seconds.

POTATO DOUGHNUTS

3 tablespoons shortening
1 cup sugar
3 eggs
1 cup mashed potatoes (warm)
2½ cups flour
3 teaspoons baking powder
1 teaspoon salt
1 teaspoon mace
1 teaspoon nutmeg
¼ cup sweet milk
Flour to roll

METHOD—Cream shortening and sugar together, add well-beaten eggs, then potatoes. Sift together dry ingredients and add butter mixture alternately with milk. Add enough flour to roll. Cut all doughnuts before beginning to fry. Have fat heated until a cube of bread becomes golden brown in 60 seconds.

CODFISH BATTER CAKES

1 cup flour
Tomato sauce
½ cup shredded cooked salt cod
1 teaspoon melted shortening
¼ teaspoon paprika
⅔ cup milk and water
2 eggs

METHOD—Put flour in saucepan, add paprika and, very gradually, beating constantly, the milk and water. Beat until light; add fish and beaten egg yolks and fold in lightly the stiffly beaten whites and shortening. Drop by spoonsful into deep hot fat and fry to a golden brown. Serve with tomato sauce.

CODFISH BALLS

1½ cups cooked shredded codfish
2 cups mashed potatoes
1 tablespoon melted butter
1 egg
⅛ teaspoon pepper

METHOD—Put codfish in wire strainer, let cold water run through, and squeeze dry. Mix hot unseasoned codfish with potatoes. To this add melted butter, beaten egg and pepper. Beat well. Shape in balls and fry in deep fat until golden brown.

TUNA BALLS

1 cup tuna
¼ teaspoon pepper

1 cup hot mashed potato
½ teaspoon salt
1 egg
1 teaspoon lemon juice

METHOD—Beat together, form in balls. Fry in deep fat, hot enough to turn a cube of bread golden brown in 40 seconds.

CHICKEN CROQUETTES

2½ cups meat of chicken
1 cup bread crumbs
4 tablespoons butter
1 teaspoon grated onion
1 tablespoon lemon juice
½ pound sliced blanched almonds
Salt and pepper to taste
½ cup thick white sauce
2 eggs (1 for dipping)
Crumbs for rolling

METHOD—Chop meat fine, add bread crumbs, butter, onion, lemon juice, salt, pepper, and almonds. Mix well with white sauce and egg and mold pear-shape. Roll in bread crumbs, dip in egg, roll in crumbs again, and fry in deep fat. Use frying basket. Garnish with parsley.

TUNA (CHICKEN OF THE SEA) CROQUETTES

4 tablespoons butter
4 tablespoons flour
1 cup milk
2 egg yolks
1 egg white
1½ cups flaked Chicken of the Sea
1 tablespoon grated onion
1 tablespoon cooking sherry
Salt and pepper to taste
1 egg white
1½ tablespoons water
¼ cup cooked celery
Bread crumbs

METHOD—Make white sauce of butter, flour and milk. Beat egg yolks and white together, add white sauce, tuna, onion, celery, sherry flavoring, salt and pepper. Form into desired shapes and chill. Dip croquettes in egg white and water mixture and then roll in bread crumbs. Fry in deep fat, 375 degrees F. (a cube of bread browns in 40 counts). Drain on soft paper.

MEAT CROQUETTES

2 cups cold meat
¾ cup thick brown sauce
1 teaspoon chopped parsley
Pinch nutmeg
1 teaspoon salt
⅛ teaspoon pepper
1 egg
2 tablespoons water
Crumbs

METHOD—Chop meat very fine. Have brown sauce

hot, add meat, parsley, nutmeg, salt and pepper and mix well. Turn onto plate, divide into 12 equal portions and cool. Shape each portion into balls, pyramids or oblongs. Dip into beaten egg diluted with 2 tablespoons water, coat with bread crumbs and fry in fat, 385 degrees F. (a cube of bread browns in 40 seconds). Drain thoroughly. Serve with brown gravy or tomato sauce.

N. B.—One cup of mashed potatoes may be added to mixture if liked

SWEETBREAD CROQUETTES

2 pounds calf's sweetbreads
1/16 teaspoon pepper
1 teaspoon onion juice
1 tablespoon minced parsley
Cracker crumbs
2 cups white sauce
1 cup bread crumbs
⅔ teaspoon salt
1 egg

METHOD—Clean, parboil, chill, and chop fine, sweetbreads. Add 2 cups white sauce, 1 cup bread crumbs, salt, pepper, onion juice, minced parsley and egg. Mold in pear-shape, dip in beaten egg diluted with 2 tablespoons water, roll in cracker crumbs and fry in deep fat. Serve with white sauce, garnish with parsley.

CHEESE CROQUETTES

3 tablespoons butter
½ cup flour
⅔ cup milk
Salt and pepper to taste
1 cup cheese cut in small pieces
2 egg yolks
½ cup grated cheese
1 egg
2 tablespoons water
Bread crumbs

METHOD—Make white sauce of butter, flour and milk. Add unbeaten yolks and stir until well mixed; then add grated cheese and seasoning. As soon as the cheese melts, remove from stove and fold in pieces of cheese. Spread in shallow pan to cool. Cut into squares or strips, dip in egg mixed with 2 tablespoons water, roll in crumbs and fry in deep fat. Temperature 375 degrees F.

CHEESE CROQUETTES WITH MACARONI

3 tablespoons butter
¼ cup flour
⅔ cup milk
1 cup macaroni
Salt and pepper to taste
Pinch mustard
1 egg
1½ cups grated cheese

METHOD—Make a thick white sauce, using butter, flour, milk, salt and pepper. When the sauce is well done, add the egg, stir until well blended and add cheese. When cheese is melted, remove from stove, and when beginning to thicken, add macaroni cut in small pieces. Allow this to cool, form into croquettes, dip in egg diluted with water, roll in cracker meal and fry in deep fat. Cube of bread inch square should brown in 40 seconds.

CHEESE AIGRETTES

¼ cup water
2 tablespoons butter
1 cup flour
4 tablespoons grated American cheese
2 eggs
½ teaspoon salt
Pepper to taste

METHOD—Use small saucepan. Bring water to boil, add butter, stir in flour (added all at a time), cook and beat until mixture leaves pan clean. Add eggs, 1 at a time; add cheese and seasoning, beating constantly Cool and when ready to serve drop from end of teaspoon into deep fat; cook until golden brown, drain on paper and sprinkle with well-flavored grated cheese. Accompany a salad, or with an egg luncheon dish.

NUT CROQUETTES

1 cup nut meats (chopped)
1 tablespoon minced onion
1 cup thick white sauce
1 tablespoon tomato catsup
1 cup stale bread crumbs
1 cup mashed potatoes
Salt and pepper to taste
1 egg

METHOD — Mix ingredients together, bind with beaten egg yolk. Dip in egg white and bread crumbs and fry a crispy brown in hot fat. These can be formed into balls and placed around the roast about 15 minutes before removing from the oven instead of being fried.

RICE CROQUETTES

1 pint cooked rice (very dry)
3 tablespoons milk
3 tablespoons butter
½ teaspoon salt
White pepper
Cayenne
2 eggs
2 tablespoons grated cheese
Crumbs
1 egg for dipping

METHOD—Heat rice in double boiler; moisten with milk. Add butter, seasonings and beaten egg and cook until egg thickens. Spread mixture on a plate. When cool, shape in cylinders. Dip in flour, then egg and dried crumbs. Cook in deep fat, garnish and serve.

VARIATION—Omit cheese from croquettes, add 1 teaspoon jelly, and when fried, garnish with melted jelly. Serve with game.

CARROT CROQUETTES

1 cup cooked carrots
1 cup cooked peas
Salt and pepper
Grating nutmeg
2 eggs
1 cup white sauce

METHOD—Press carrots and peas through a sieve (they go through more easily if warm). Add seasoning, unbeaten egg and white sauce and set away to chill. Form into croquettes, roll in crumbs and egg and fry in deep fat.

SWEET POTATO CROQUETTES

1½ cups cold cooked sweet potato, put through food chopper
Beaten yolk of 1 egg
1 tablespoon melted butter
1 tablespoon brown sugar
Salt, pepper, cinnamon and mace to taste.

METHOD—Mix well together, make into small croquettes, roll in fine crumbs, in egg, and crumbs again. Fry in deep fat. If desired, use shredded cocoanut instead of crumbs and watch carefully to prevent burning.

APPLE FRITTERS

1⅓ cups flour
2 teaspoons baking powder
¼ teaspoon salt
⅔ cup milk
1 egg
2 medium-sized apples
Powdered sugar

METHOD—Mix and sift dry ingredients, add milk gradually and well-beaten egg. Fold in apples, sliced very thin, just before frying. Drop by spoonsful and fry in deep fat. Drain on brown paper and sprinkle with powdered sugar.

VARIATION—Bananas, drained pineapple, sections of orange, or a combination of fruits, may be used.

HOMINY FRITTERS (or Cream of Wheat)

½ cup hominy
½ cup water
1½ cups milk
½ teaspoon salt
¼ teaspoon paprika
1 grating nutmeg
2 egg yolks

METHOD—Soak hominy in water for 15 minutes; put on to cook in double boiler with milk. When done, add salt, paprika, nutmeg and egg yolks. Spread in shallow pan ½ inch deep to cool. When cold, cut, crumb, egg and crumb, fry in deep fat. Serve with game or poultry.

VARIATION—Any cold cooked cereal or rice may be used.

CORN FRITTERS

1 teaspoon baking powder
1 tablespoon sugar
1 cup flour
1 can crushed corn (or equivalent cooked green corn)
½ teaspoon salt
Dash pepper
1 tablespoon butter
2 eggs
1 cup milk

METHOD—Sift baking powder, sugar and flour. Place corn in a bowl and add salt, pepper and butter; add well-beaten yolks, then flour and milk. Cut in stiffly-beaten whites. Drop by spoonsful on a griddle. Fry brown on both sides.

DEVILED EGGS

Cut hard-cooked eggs lengthwise. Remove yolks. Mash, season well with salt and pepper, moisten with salad dressing, and refill the hole with this mixture. Roll the half egg first in beaten egg, then in cracker crumbs. Fry in deep fat, 375 degrees F. (cube of bread browns in 60 seconds). Drain on soft paper and serve hot or cold.

TIMBALES

⅓ cup flour
½ teaspoon salt
1 teaspoon sugar
½ cup milk
1 egg (beaten)
1 tablespoon oil

METHOD—Mix ingredients in order listed. Put iron in hot fat, deep enough to more than cover it until heated.

When hot, shake fat from iron, lower into batter to

three-fourths its depth, raise from batter and immerse in hot fat. The mixture will rise to the top of the iron, and when crisp and brown may be easily slipped off.

If too much batter is used it will rise over top of iron in cooking and will have to be cut off. If cases are soft rather than crisp, the batter is too thick and must be diluted with milk. Invert timbale cases on brown paper to drain.

Fill with any creamed meat or vegetable.

N. B.—Batter must not be beaten too much, or timbales will be bubbly. Batter should, if possible, stand overnight.

SALTED ALMONDS

First blanch almonds. Pour boiling water over them and let stand until skin is loosened. Drain and cover with cold water. Skins will slip off very easily. Dry between towels. Fry in deep fat. For 1 pound of nuts a 1-quart saucepan is desirable. Into this put ½ pint Wesson oil, heat slowly (until hot enough to turn a 1-inch cube of bread golden brown in 60 counts). Lower into fat a strainer containing one-fourth the nuts. Stir with a spoon while cooking, occasionally lifting the nuts out of the pan to match the color. When biscuit brown, they should be thoroughly done, and when cold will be crisp. Sprinkle with salt before entirely dry. Allow to cool thoroughly before eating.

Entrees—Souffles—Cheese

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CHAPTER IX

ENTREES

An entree is a dish served at dinner or luncheon, between the regular courses; some are served hot and some cold. An entree is served from the side and usually in individual portions, or it may be molded and passed. Meat, fish, chicken, eggs, cheese, rice and oftentimes left-overs can be used.

Entrees may be served on toast, in ramekins, as croquettes, timbales, fritters or in butter molds. Noodles, macaroni and spaghetti with cheese, souffles and aspics in which meat, poultry or vegetables are combined may be used.

For luncheon the entree cooked in ring molds and served on handsome platters, oftentimes, constitute the main course.

RICE RING

Cook 1 pound of rice in 12 cups boiling water until tender, about 30 minutes. Turn into strainer and rinse with hot water. Butter a ring mold and fill with rice, seasoned to taste, packing it loosely at first. When mold is almost full, pack very firmly. Turn out on a serving plate and fill with well-seasoned cream foods, such as chicken, tongue, chipped beef, etc.

CARROT RING

2 tablespoons butter
2 tablespoons flour
½ cup milk
½ teaspoon salt
2 cups well mashed carrots
4 eggs

METHOD—Melt butter, add flour, stir until well blended. Add milk, cook until smooth and thick. Remove from fire, add salt and beaten egg yolks. Fold in mashed carrots and egg whites, well beaten. Pour into well-buttered ring mold, set in pan of hot water. Bake one hour in moderate oven, 350 degrees Fahrenheit.

N. B.: Let stand a few minutes before serving. Serve with mushroom sauce.

CRAB MEAT A LA MARYLAND

4 tablespoons butter
4 tablespoons flour
1½ cups rich milk
2 egg yolks
½ teaspoon cooking sherry
1¼ cups flaked crab meat
¼ teaspoon paprika
½ cup grated mild American cheese

METHOD—Melt butter; add flour and milk. Stir

constantly until sauce is smooth and bubbly. Remove from stove, add beaten yolks and flavoring. Butter a casserole, cover bottom with crab meat, pour over the sauce and sprinkle with cheese mixed with paprika. Set in hot oven on top shelf to brown. (Also an excellent dish for electric grill.)

DEVILED CRAB

1 large crab
Salt and pepper
Dash of mace
1 tablespoon lemon juice
1 grated onion
1 large green pepper (minced)
1 tablespoon cornstarch
¼ cup milk
2 eggs
Cracker crumbs

METHOD—Remove meat from body and claws of crab; add salt, pepper, dash of mace, lemon juice, grated onion, minced green pepper, cornstarch mixed in milk and slightly beaten eggs. Mix thoroughly and fill crab shell; cover with cracker crumbs and bake in moderate oven for 40 minutes.

TOMATO STUFFED WITH CRAB

6 medium sized tomatoes
1 small can crab meat
5 crackers
1 tablespoon minced onion
1 teaspoon sugar
Salt and pepper to taste

METHOD—Cut center of tomatoes and drain removed pulp. To the flaked crab meat, add broken crackers, onion, which has been fried in butter, sugar, salt and pepper. Combine with tomato pulp and fill cavities. Sprinkle with crumbs and dot over with butter. Bake in oven (350 degrees F.), 30 minutes.

LOBSTER IN RICE MOLD

1½ cups stock
1 cup tomato puree
1 cup rice
1 teaspoon salt
½ cup butter
2 cups lobster
White sauce

METHOD—Heat stock and tomatoes; when boiling add rice and salt; stir occasionally with fork until liquid is absorbed. Add butter and cook over hot water until tender. Turn into mold. When ready to serve, unmold on large platter and fill with lobster. Combine with white sauce.

HAWAIIAN LOBSTER CURRY

1 cup freshly grated cocoanut
1 pint milk
1½ teaspoons butter
1½ teaspoons cornstarch

½ onion (chopped fine)
1 clove garlic (chopped fine)
1½ teaspoons curry powder
Small piece ginger root, grated
2 pounds lobster meat
Salt and pepper

METHOD—Soak cocoanut in milk 1 hour. Saute onion and garlic in butter; add cornstarch and seasonings, and cook until frothy; add milk strained from cocoanut, gradually; when sauce boils up, add lobster meat and salt and pepper to taste. Serve with sauted pineapple.

LOBSTER CUTLETS

2 cups lobster meat
½ teaspoon salt
Pinch cayenne
Grating of nutmeg
1 teaspoon lemon juice
1 egg yolk
1 teaspoon finely chopped parsley
1 cup thick white sauce

METHOD—Mix ingredients in order given, and cool. Shape in form of cutlets, crumb and fry in deep fat, 365 degrees F. Make a cut at small end of each cutlet and insert in each the tip end of a small claw. Stack around a mound of parsley. Serve with Sauce Tartare.

LOBSTER A LA NEWBURG

1 pint lobster
¼ cup orange juice
1 tablespoon flour
1 tablespoon butter
2 egg yolks
1 cup cream

METHOD—Slightly salt diced lobster and let stand 15 minutes in orange juice. Rub flour and butter together, put in pan, add lobster. Beat yolks well and add with cream to lobster; stir occasionally while it simmers 8 minutes. Serve on squares of toast.

LOBSTER A LA BECHAMEL

Meat of 2 lobsters
2 tablespoons butter
4 tablespoons flour
1 teaspoon salt
Dash pepper
Pinch mace
Dried and sifted coral
1 bay leaf
1 cup cream
1 cup white stock
3 egg yolks
1 teaspoon lemon juice
1 tablespoon cooking sherry

METHOD—Cut lobster in dice. Make a Bechamel sauce of butter, flour, seasonings, cream and stock; add lobster. When heated thoroughly, add beaten yolks mixed with a few spoons of sauce, lemon juice, sherry flavoring and sprinkle dried and sifted coral, or some

chopped parsley over the top of the mixture as it is served. Fill lobster shells and run into broiling oven 15 minutes. Garnish with sliced orange and lemon.

LOBSTER THERMIDOR
(Lobster in Half Shell)

2 lobsters
½ cup orange juice
1 cup medium white sauce
Salt, pepper, paprika
½ teaspoon onion juice
1 can tomato soup

METHOD—Cube lobster and marinate well with orange juice. Add white sauce seasoned with salt, pepper, paprika, onion juice and tomato soup. Place this mixture back in lobster shells, cover with bread crumbs, dot over with butter and bake in hot oven 20 minutes. Run under flame for 5 minutes and serve in shell. Four servings.

LOUISIANA SHRIMPS WITH RICE

2 small onions
4 tablespoons hot beef drippings
4 tablespoons flour
1 cup tomato puree
2 cups shrimp
Steamed rice
2½ cups chicken stock
Salt, paprika, sweet herbs

METHOD—Cook minced onion in beef drippings; blend in flour gradually, add stewed and strained tomatoes and chicken stock. Stir until smooth. Season to taste with salt, paprika and sweet herbs. Add shrimp, cut in small pieces. Serve in casserole or chafing dish with steamed rice.

SWEETBREADS WITH HAM AND MUSHROOMS

1 pair sweetbreads
2 cups boiling water
1 tablespoon salt
1 tablespoon vinegar
1 cup cream
2 tablespoons butter
1 tablespoon beef extract
½ pound baked ham
Salt and pepper
¾ pound mushroom caps sauted in butter

METHOD—Cook sweetbreads in boiling water to which salt and vinegar have been added, for 20 minutes. Cool and cut in 8 slices. Cook in frying pan with butter and beef extract until slightly braised. Cut ham and place in baking dish. Place sweetbreads on each piece of ham, season with salt and pepper, surround with cream and mushroom caps. Cover, and bake in oven 350 degrees F., for 10 to 12 minutes.

CHICKEN ROLLS

Shape tiny biscuits and bake. Mince 1 cup cold chicken. Season with salt and pepper, 1 tablespoon whipped cream, 1 tablespoon well-seasoned mayonnaise, 1 teaspoon minced celery, 1 teaspoon chopped capers.

Open each hot biscuit and fill with 1 tablespoon of mixture. Serve hot, 2 to the portion, with 2 or 3 sprays of fresh water cress and a radish.

RISSOLES

Rissoles are made by enclosing a croquette mixture in pastry and after brushing the surface with beaten egg, frying in deep fat. Occasionally rissoles are baked instead of fried. The paste is preferably puff-paste; the trimmings of a vol-au-vent or pie crust. The pastry is rolled very thin, about ⅛-inch thick to insure thorough cooking, the croquette mixture cold, and the pastry chilled. Put a teaspoon of the chilled mixture on crust in several places in a line, near the edge, and fold the pastry over the mixture. Cut out half circles of paste with the mixture in the center of each, using a fluted patty cutter for the purpose; lift the part of paste folded over the mixture, brush the edge with water and press carefully in place again. Brush entire surface with beaten egg and let cook until delicately colored.

EPICUREAN BOUCHES

⅓ pound mushroom caps
4 tablespoons butter
1 dozen frog legs
½ pound flaked, cooked crab meat
¼ teaspoon paprika
1⅓ cup cream
1 tablespoon cornstarch
1 egg yolk
2 tablespoons cooking sherry

METHOD—Peel mushroom caps, cut in strips and saute in 2 tablespoons butter for 3 minutes. Clean and steam frog legs until tender and remove meat. Add crab meat, 2 tablespoons butter, paprika and sherry flavoring. Cover and let stand for 30 minutes. Cook over moderate heat for 5 minutes and add mushrooms. Scald cream, add cornstarch, blended with 1 teaspoon cold water. Stir until mixture thickens and cook over hot water for 10 minutes. Combine the two mixtures, add the beaten yolk of egg, salt and paprika to suit taste. Cook for a couple of minutes and serve in hot patty

cases. If frog legs are impracticable, white chicken or all crab meat may be used.

FINNAN HADDIE A LA KING

2 cups finnan haddie
2 tablespoons minced green pepper
1 tablespoon minced canned pimentoes
4 tablespoons butter
2 tablespoons flour
½ cup sliced mushroom caps
Salt and pepper
2 cups rich milk
3 hard cooked eggs

METHOD—Soak fish in warm water 20 minutes. Cook peppers and pimentoes in butter with mushroom caps for 5 minutes. Blend in flour and add milk very gradually. Stir constantly until mixture thickens and boils, add fish and lastly minced egg yolks. Season to taste with salt and pepper and serve very hot, with chopped egg whites over the top.

SALMON KLOPS

2 cups canned minced salmon
½ teaspoon celery salt
1 teaspoon minced parsley
¼ teaspoon lemon juice
¼ teaspoon paprika
2 eggs
Milk
Toast
Egg sauce
¼ teaspoon onion juice

METHOD—Add to finely minced salmon, celery salt, parsley, lemon juice, paprika, onion juice and unbeaten eggs. Mix well, chill on ice and form into small balls about the size of walnuts. Poach in milk, kept at simmering point, and serve on toast with an egg sauce poured over each portion.

CREAMED SPAGHETTI

¾ cup spaghetti
2 quarts boiling water
1 tablespoon salt
½ cup cream or white sauce

METHOD—Break spaghetti into ¼ inch pieces and cook in boiling salted water 20 minutes or until soft. Drain in strainer, pour over it boiling water to prevent pieces from adhering. Add cream or white sauce, reheat and season with salt.

SPAGHETTI ENTREE

Cook spaghetti in boiling salted water. Line mold with same and fill center with creamed lobster, shrimp and etc.

NAPOLI SPAGHETTI

4 slices bacon
1 slice onion
1 can tomato sauce
½ teaspoon salt
⅛ teaspoon pepper
¼ teaspoon alspice
¼ teaspoon mace
Few grains cayenne
Bit of bay leaf
Hot, boiled spaghetti

METHOD—Cut bacon in small pieces and try out. Add remaining ingredients, except spaghetti, bring gradually to boiling point and let simmer 50 minutes. Pour over cooked spaghetti. Serve very hot.

MARION BENT SPAGHETTI (Excellent)

½ pound spaghetti
½ dozen lamb kidneys
2 tablespoons oil
1 tablespoon flour
Salt, pepper and cayenne
½ cup hot water
1 cup canned tomatoes
1 clove garlic
½ cup grated cheese

METHOD—Cook spaghetti in boiling salted water, drain and blanch. Cut kidneys in small pieces and brown in frying pan with oil, cover and let simmer until tender; add 1 teaspoon flour, salt, pepper and cayenne. When flour is browned, add ½ cup hot water and cook 5 minutes.

In another pan, cook tomatoes, garlic and season to taste with salt and pepper. Serve spaghetti first, cover with kidney stew, followed with tomato sauce, sprinkle with grated cheese.

STUFFED NOODLES

2 cups flour
¼ teaspoon salt
3 eggs
Milk
2 cups ground cooked beef
1 egg
1 chopped onion
Salt and pepper

METHOD—Mix flour, salt and eggs with enough milk to make very stiff dough. Roll very thin and cut in 2-inch squares. Wet edges with milk and fold corner-wise with a tablespoon of the following enclosed: Ground beef, egg, onion, salt and pepper. Press edges together and drop into boiling beef broth. Cook 10 minutes.

BOHEMIAN PUDDING

Line buttered mold with macaroni, which has been

boiled until tender. The large fluted macaroni, cut in rings and strips, gives an ornamental mold.

¼ cup bread crumbs — 2 tablespoons chopped ham
¾ cup milk — 2 tablespoons butter
1 tablespoon chopped green pepper — 2 eggs
Salt, pepper and onion juice to taste — 1 cup cold chicken

METHOD—Cook all ingredients together, adding well-beaten whole eggs last. Turn into mold and bake in pan of hot water until firm. Serve with tomato or well flavored brown sauce. This may be baked in a ring mold and center filled with creamed asparagus or green peas, when unmolded.

CORN OYSTER IN RAMEKINS

1 can minced clams — 1 can corn
1 cup milk — 1 well-beaten egg
1 cup dried bread crumbs — 2 tablespoons butter
1 teaspoon onion juice — Salt and pepper

METHOD—Combine ingredients in order given. Put in well greased ramekins or baking dish. Sprinkle bread crumbs over top and dot with butter. Bake in moderate oven 20 minutes.

CORN SOUFFLE

3 tablespoons butter — 1 teaspoon sugar
3 tablespoons flour — 3 eggs
Salt and pepper to taste
1 cup milk — 2 cups fresh corn pulp (grated or cut)

METHOD—Make a white sauce of butter,flour, milk, salt and pepper. Mix corn pulp and yolks of eggs, beaten light, and add to cream sauce. Fold in the stiffly beaten whites of eggs and turn into a buttered baking dish. Bake in pan of hot water in an oven (350 degrees F.) until firm in the center. One-half cup grated cheese may be added. May be baked in a ring, which should be well buttered.

ASPARAGUS HOLLANDAISE

To cook asparagus properly, scrape, grade the stalks and tie them in two bunches. Cook the larger ones 5 minutes longer than the smaller and they will all be tender at the same time. Simmer asparagus gently in boiling salted water.

SAUCE

4 tablespoons butter
4 tablespoons flour
½ teaspoon salt
2 cups chicken stock (hot water and chicken bouillon cubes)
2 egg yolks
2 tablespoons butter (cut in bits)
1 tablespoon lemon juice.

METHOD—Melt butter, add flour and salt and cook until smooth; add the chicken stock gradually, and stir constantly until boiling. Beat egg yolks slightly, combine slowly with the sauce, stir for a moment longer and remove from stove. Add butter, cut in bits, and lemon juice, a few drops at a time.

ASPARAGUS LOAF DE LUXE

3 tablespoons butter
3 tablespoons flour
1 cup milk
⅛ teaspoon pepper
1 cup cooked chicken (chopped) or sweetbreads
1 can asparagus tips
4 eggs
½ teaspoon salt

METHOD—Blend butter and flour, add milk gradually and salt and pepper. When thick add cooked chicken or sweetbreads, chopped fine, asparagus tips and well beaten eggs. Turn in a buttered baking dish which has been lined with asparagus tips, set in a pan of hot water in the oven and bake until the center is firm (300 degrees F.) for 40 minutes. Let stand a few minutes and invert on a shallow dish. Serve with melted butter or Hollandaise sauce.

Sweet breads must be boiled in acidulated salted water for 15 minutes, then chilled and chopped before using.

CHICKEN AND ASPARAGUS TIMBALES

2 tablespoons butter
2 tablespoons flour
1½ cups milk
Salt and pepper to taste
Dash of mace
2 eggs
1 cup cooked minced chicken
Few drops lemon juice
4 tablespoons grated cheese
1 cup asparagus tips

METHOD—Melt butter, add flour, milk and seasonings as for white sauce, add slightly beaten egg yolks and cook for 1 minute longer. Remove, fold in chicken, few drops of lemon and stiffly beaten egg whites. Turn into timbale molds, well oiled, lined with bread crumbs and cheese. Place in a pan of water, bake 15 minutes

under a greased paper in an oven (350 degrees F.) Turn out of mold, garnish with asparagus tips and serve with seasoned cream sauce.

EGG PLANT SOUFFLE

1 egg plant
1 tablespoon onion juice
1 tablespoon minced parsley
Salt
½ cup grated cheese
3 eggs
Dash nutmeg
3 tablespoons butter or cream

METHOD—Boil egg plant until tender. Mash, add seasonings, grated cheese and egg yolks. Beat well and fold in stiffly beaten egg whites. Pour into buttered casserole and bake in moderate oven for 35 or 45 minutes. Serve at once.

ASPARAGUS SOUFFLE

1 cup white sauce
1 cup cooked asparagus
3 eggs
Salt, pepper and paprika

METHOD—Mix white sauce with cooked asparagus put through sieve. Beat yolks of eggs until thick, add salt, pepper and paprika and combine with first mixture. Fold into this the stiffly beaten egg whites and bake in a well buttered baking dish for 40 minutes in an oven (300 degrees F.)

BANANAS WITH GRAPE JUICE

6 bananas
½ cup sugar
2 cups grape juice
½ teaspoon lemon juice

METHOD—Peel bananas and cut lengthwise. Lay them in a shallow pudding dish, sprinkle with sugar, pour upon them the grape juice, to which has been added the lemon juice. Set dish, closely covered, in a moderate oven and cook slowly for ½ hour. By this time there should be a syrup around bananas. The bananas can be uncovered and browned slightly and then served in a dish in which they were baked. They are delicious served with whipped cream as a dessert, or may be served as a vegetable with meat.

SAUTED BANANAS

Peel bananas and scrape to remove coarse threads. Cut each in halves and lengthwise to make 4 pieces of each banana. Dredge in flour and fry in hot fat. When

browned delicately on one side, turn and brown on the other. Keep the slices light in color and do not cook too long.

TONGUE IN JELLY

Make a ring mold of tomato jelly. When required tip it out on a large, round serving dish on which is arranged white lettuce. Fill inside of mold with curls of thinly sliced tongue, each slice rolled and skewered with a wooden toothpick, pinning in a tiny sprig of parsley. Stand these rolls closely together on end, surround jelly ring with a wreath of thinly sliced cucumbers and tomatoes; serve with mayonnaise.

TOMATO JELLY

2½ cups cooked tomatoes
1 slice of onion
1 stalk of celery
Bit of bay leaf
½ teaspoon salt
2 cloves
½ cup mushrooms
2 tablespoons gelatine
½ cup cold water
Few drops tobasco sauce

METHOD—Cook tomatoes (canned tomatoes) with all the ingredients, except the last two, 15 minutes; add the gelatine softened in the cold water and stir until the gelatine is dissolved; strain and mold. If bright-colored jelly be desired, strain through a sieve just fine enough to hold back the seeds. A less dense and lighter colored jelly results when the mixture is strained slowly through a cheese cloth.

ASPIC JELLY WITH BEEF EXTRACT

¼ cup chopped onion
¼ cup chopped carrot
2 stalks celery
½ cup mushroom trimmings
1 bay leaf
2 tablespoons butter
6 peppercorns or a piece of red pepper
3 tablespoons tarragon vinegar
1 tablespoon pickle spice
3 teaspoons beef extract
2 cups boiling water
1 egg white and shell
2 ounces gelatine
1 cup cold water
3 cloves
1 quart water
1 yellow lemon rind

METHOD—Cook onion, carrot, celery, mushroom trimmings and bay leaf, in butter; add the spices, vinegar, lemon rind, pickle, spice, and quart of water; let simmer very gently an hour and strain over the beef ex-

tract dissolved in the hot water. When cooled, add egg white slightly beaten and the crushed shell. Bring the liquid slowly to boiling point, stirring constantly, meanwhile; let boil three minutes, then simmer 15 minutes. Add gelatine softened in the cold water; skim carefully, strain through double folds of cheese cloth laid inside a colander. The tarragon vinegar is optional.

CHEESE

Cheese is the curd of milk separated and pressed. It may be separated by allowing the milk to stand until it is sour. It is then heated slightly and the curd strained from the whey. The curd is set aside and kept at a favorable temperature to ripen, during which time new flavors develop.

The various brands of cheese take their names from the places where they are made. The favorite kinds of skim milk cheese are Edam, Gruyers and Parmesan. Parmesan is very hard and used principally for grating. The favorite kinds of milk cheese are Gloucester, Cheshire, Cheddar and Gorgonzola; milk and cream cheese are the Stilton and Double Gloucester and the cream cheeses are Brie, Neufchatel and Camembert.

Cheese is a very valuable food, being rich in protein. It may be substituted for meat. Cottage cheese is digested easily.

Cheese is a highly concentrated protein food, and therefore should be eaten in small quantities. Any kind of cheese is made more digestible by being finely divided or dissolved and mixed with other foods.

MELTED CHEESE

1 tablespoon butter
1 tablespoon flour
1 cup milk
Salt and paprika to taste
1 cup cheese

METHOD—Make a thin white sauce. Add cheese, cut in small pieces and beat until smooth. Serve hot on biscuits or use as a sandwich spread.

CHEESE FONDUE

1 tablespoon butter
1 tablespoon flour
¼ teaspoon soda
¼ teaspoon mustard

½ teaspoon salt
Dash cayenne
¾ cup milk
½ cup stale bread crumbs
½ cup cheese
3 eggs

METHOD—Melt butter, add flour, soda, mustard, salt and cayenne; cook until frothy. Add milk gradually. Let come to boil, add crumbs and cheese (cut in small pieces); cook and stir until cheese is melted and mixture is smooth. Add eggs beaten light and serve at once.

BAKED RICE AND CHEESE

1 cup milk
2 tablespoons flour
½ pound cheese
½ teaspoon salt
3 cups cooked rice
¼ cup bread crumbs
Bacon

METHOD—Make a sauce of milk, flour, cheese and salt. Into a buttered baking dish put alternately layers of cooked rice and sauce. Cover with buttered crumbs, strip with bacon and bake until the crumbs are brown and bacon crisp.

NUT AND CHEESE LOAF

2 cups bread crumbs
1 cup ground walnut meats
1 cup grated cheese
1 cup milk
1 tablespoon onion, chopped
1 tablespoon chopped parsley
1 egg, slightly beaten
¾ teaspoon salt
½ teaspoon paprika
Few grains cayenne

METHOD—Mix ingredients in order given; shape in bread pan, turn out on baking pan and bake 25 minutes. Serve with tomato sauce or catsup.

CHEESE SOUFFLE

3 tablespoons butter
3 tablespoons flour
¼ teaspoon dry mustard
1 cup milk
1 cup grated cheese
1/16 teaspoon paprika
Salt, if needed
3 eggs
1 teaspoon Worcestershire sauce
½ cup bread crumbs

METHOD—Blend butter, flour and mustard together smoothly; add milk gradually and cook, stirring constantly until boiling. Add cheese, paprika and salt (if required). Add egg yolks which have been beaten until thick and lemon colored, and bread crumbs. Fold in stiffly-beaten egg whites and turn into an oiled mold

or ramekins and bake in an oven (350 degrees F.) from 20 to 35 minutes, according to the size of the pan.

N. B.: Serve immediately, as all souffles fall quickly.

CHEESE SOUFFLE WITH MEXICAN SAUCE

3 cups grated bread crumbs
1¼ cups grated cheese
2 tablespoons minced pimento
¼ teaspoon salt
½ teaspoon mustard
1 tablespoon Worcestershire sauce
1½ cups rich milk
2 egg yolks

METHOD—Place in a bowl, bread crumbs, cheese, pimento, salt, and mustard in layers. Pour over it Worcestershire sauce, milk and beaten yolks. Fold in stiffly-beaten egg whites. Turn into a buttered souffle dish and bake in oven (300 degrees F.), until well risen and firm, about 40 minutes. Serve with Mexican sauce.

MEXICAN SAUCE

Prepare cup of brown sauce (2 tablespoons fat, 2½ tablespoons flour, browned, and 1 cup meat stock or water with bouillon cubes) and add ½ cup tomato catsup, 1 tablespoon each minced onion and green pepper that has been browned in a little bacon fat. Season to taste with salt, paprika and celery salt and a tiny bit of garlic, if liked.

CHEESE SOUFFLE WITH PASTRY

2 eggs
¾ cup thin cream
1 cup grated cheese
½ cup Swiss cheese cut into small pieces
Salt, cayenne, pepper and nutmeg

METHOD—Add eggs to cream and beat slightly; add cheese and seasoning. Bake 15 minutes in a 350 degree F. oven in patty tins lined with puff paste.

IMPORTANT

IN COOKING RICE

Comet White Rice and Comet Brown Rice are Hot Pan Processed which makes them cook faster and taste better. This *exclusive* Comet process assists you in making your rice dishes.

IMPORTANT

IN EATING RICE

The Comet Hot Pan Process spreads the delicate flavor of rice as you spread butter! Comet Rice Products are doubly delicious for this reason.

IMPORTANT

IN RICE FLAKES!

The Comet Hot Pan Process has made the natural brown rice perfect-keeping. Thus it has made possible the wide distribution and the general use and enjoyment of Comet Brown Rice Flakes which are made ONLY from genuine brown rice.

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Rice

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CHAPTER X

RICE

Rice should be bought in a package. Either white rice or natural brown rice may be used. Brown or unpolished rice contains more nourishment and vitamines. Boiled rice should be cooked in a large vessel. Comet rice needs no washing.

BOILED RICE

Boil one cup rice, nine cups boiling water, rapidly, until grains are soft enough to pinch easily with fingers. Drain in colander. Pour boiling water through rice to take away any sticky substance. Place colander in oven for a short time; every gain will be separated and can be served with butter, pepper and salt as a vegetable, made up in puddings, or used in many desirable ways, as additions to foods.

STEAMED RICE

Steamed rice is cooked in a double boiler, 1 cup rice to 3 cups water or milk. Place saucepan over flame, boil rapidly for 5 minutes, then place in double boiler and allow to steam until thick (rice has absorbed the liquid).

RICE RING

Boil rice, rinse in collander to free of all sticky substance by pouring boiling water through it. When rather dry, pack in ring mold previously well buttered. Pack down by smoothing with spoon. Allow to stand in hot water in oven for 10 to 20 minutes, turn out carefully on platter and fill center with creamed food; chicken, tuna, chipped beef, etc.

RICE LOAF

Line a brick mold with hot, steamed, seasoned rice; having walls from ¾ to 1 inch thick. Fill center with left over or canned fish, flaked and moistened with egg sauce. Cover with rice, set in a pan of hot water, cover with buttered paper and bake 1 hour. Turn on a hot platter, pour egg sauce about and garnish with parsley.

N. B.—This can conform to any temperature used in preparing a meal.

WILD RICE

Wash 1 pound rice thoroughly, cook in water ½ hour. Place in an earthen jar with water and bake 1½ hours, keeping thoroughly moist. When tender place in frying pan with ½ cup butter, season with salt and pepper and cook 20 minutes; stir occasionally.

RICE BREAD

1 cup cooked rice
¾ cup milk
2 tablespoons flour
2 egg whites

METHOD—Mix ingredients and add beaten egg whites last. Season to taste. Bake ¾ hour at 300 degrees F.

RICE CORN BREAD

2 cups boiled rice
1 tablespoon melted shortening
2 cups corn meal
1 teaspoon soda
2 cups sour milk
2 eggs—well beaten

METHOD—Mash rice smooth. While hot, add melted shortening and corn meal. Cool and add sour milk and well-beaten eggs. Stir in soda last and bake in an oiled pan in oven at 400 degrees F. Use in place of bread or potatoes.

SPANISH RICE

6 tablespoons shortening
1 tablespoon chopped onion
1 cup rice (uncooked)
1 cup tomato sauce or 1 large can tomatoes
1 quart boiling water
½ clove garlic
Salt and pepper to taste

METHOD—Melt shortening, add onion and garlic; partially cook, not allowing to brown; add rice and fry until it is brown and pops like corn. Simmer in tomatoes and add as needed, one quart boiling water until done. Do not stir. Requires about 1½ hours. Should be rather dry when done.

RICE FONDUE

1 cup boiled rice
½ cup milk
1 cup grated cheese
3 eggs, separated
½ teaspoon salt

METHOD—Heat rice in milk; add cheese and cook slowly until cheese is melted. Add egg yolks, beat in slightly and add salt. Fold in beaten egg whites.

BAKED RICE PUDDING, OLD FASHIONED

1 quart milk
4 tablespoons rice
3 tablespoons sugar
¼ teaspoon salt

METHOD—Put all ingredients in buttered Pyrex dish. Bake in oven at 350 degrees F., 2½ hours. Stir occasionally first hour.

RICE CUSTARD PUDDING

2 eggs
½ cup sugar
2 cups milk
¼ teaspoon salt
1½ cups cooked rice
½ teaspoon vanilla
Dash cinnamon

METHOD—Beat whole eggs, cream with sugar; add milk, salt and stir in rice and vanilla. Turn into baking dish, sprinkle with cinnamon, place in pan of hot water and bake 30 to 40 minutes in oven 350 degrees F. Serve with thin cream.

RICE CROQUETTES

See chapter on "Frying."

Vegetables

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CHAPTER XI

VEGETABLES

The fruits and vegetables are quite as important in their way as meats and are today so plentiful and, comparatively speaking, so economical that every meal should find one or more in evidence. Vegetables and fruits are not only good in themselves but add to chemicals in the body as substitutes which make for health.

Fresh, leafy and mild flavored vegetables are best steamed or cooked in a small amount of water. Strong flavored vegetables, however, should be boiled first in a large amount of water, then the water poured off and the vegetables recooked. The onion is an example.

Different parts of plants used for foods: Seeds, roots, shoots, stalks, leaves, flowers, fruits, bulbs, fungi, tubers.

Most vegetables are valued more for their mineral salts than for the nutriment that they contain. Many are served uncooked, and in this case there is no loss of this valuable food principle. With a few exceptions, when cooked in water only a small amount should be used. If possible at least two vegetables should be found in every dinner, and one of them should be uncooked.

Tender, succulent young vegetables, such as green peas and corn, should be steamed or simmered gently for 10 to 20 minutes in just enough water to prevent burning.

Cooking vegetables with the cover partly or entirely off helps preserve the color.

Solid vegetables like cabbages, beets and onions should be boiled rapidly for 30 to 50 minutes.

Succulent vegetables are put in boiling water and kept boiling, although never violently. Tender vegetables are better if salted when half done. When water is hard, salt should be added after cooking.

If vegetables are wilted, soak in cold water until crisp.

String beans should be freed of every string and if not very tender should be cut in thin strips.

Potatoes are made up of many cells, within which

are starch granules. The cell walls are composed of a woody fiber called cellulose.

Potatoes are about three-fourths water, the solid part being largely starch, with a small amount of protein and mineral salts. They contain a bitter juice which is drawn out in cooking.

Cooking swells and softens the starch, and thereby causes the breaking of the cell walls. When this is done the digestive juice can act upon the starch much more easily.

Potatoes are valued chiefly for the starch which they contain, but are too bulky to give sufficient nourishment unless served with some protein food.

BOILED POTATOES

Scrub, pare and put potatoes in cold water a few minutes. Drop in boiling water and cook until tender (about 20 minutes). Drain off water and put uncovered on back of stove, shaking gently to make them mealy and allow steam to escape.

MASHED POTATOES

Boil potatoes and mash them in kettle in which they were cooked, using wire masher. To 1 pint potatoes add 1 tablespoon or more butter, ½ teaspon salt, dash black pepper, and hot milk or cream to moisten. Beat until light, creamy and free from lumps. Pile lightly on a hot dish and serve at once or place in oven for a short time.

POTATOES ANNA

Select long potatoes, cut in thin crosswise slices or rounds, wash, and dry. Butter pan, 6 inches in diameter, lay rounds in circles on bottom, letting them overlap; salt and pepper, spread lightly with butter, spread a second layer, and proceed until six layers are in pan. Cover utensil and cook in oven, 400 degrees F., for 30 minutes; drain off butter and unmould on a hot dish; garnish with parsley.

POTATOES WITH CHEESE

Put a layer of mashed potatoes in a baking dish; sprinkle with grated cheese. Repeat, having top layer of cheese. Bake until cheese is melted and well browned.

BAKED POTATOES

Select potatoes of uniform size; scrub, slightly oil surface, and bake in a hot oven over 45 minutes or until soft. Slit in center, insert block of butter and paprika in cavity and if liked, chopped green onion. Serve at once.

1. Cut baked potatoes in two, lengthwise, remove potato pulp and leave shells unbroken. Mash hot potato adding 1½ tablespoons melted butter, yolk of 1 egg, salt and pepper to taste. Fill the shells with mixture, rounding surface so that it is the shape of the original potato. Bake for 10 minutes in oven 450 degrees F.

2. Fold into 2 cups seasoned potato, 1 egg white stiffly beaten; pile lightly into the potato shell and bake. Sprinkle with grated cheese, ½ cup to 2 cups potato pulp.

POTATO NESTS

Boil 6 medium potatoes. When cooked, rice and add 1½ tablespoons melted butter and yolk of 1 egg, salt and pepper to taste. Put in pastry bag, press through on chop dish in wreath shape and brown in oven. Fill with green peas when ready to serve. Use with fish, chops or pipe about planked steak.

POTATO O'BRIEN

1 tablespoon butter
1 tablespoon flour
½ cup milk
1 teaspoon salt
2 cups diced cooked potatoes
¼ teaspoon pepper
1 green pepper, cooked and chopped
½ cup grated cheese

METHOD—Make sauce using butter, flour, milk and seasonings. Mix potato and green peper with white sauce and cheese. Put in a baking dish and brown. Note—Canned pimientos may be used in place of green peppers.

FRENCH FRIED POTATOES

Wash and pare potatoes. Cut into lengthwise strips and soak in cold water until ready to fry. Dry thoroughly, place in wire basket and plunge into deep fat heated to 400-410 degrees F., or until a cube of bread browns in 40 seconds. Fry until well browned and tender. Drain on paper, salt and serve hot.

VARIATION

FRENCH FRIED SWEET POTATOES — Pare sweet potatoes and slice in quarters lengthwise. Place in wire basket and fry as above.

CREAMED SWEET POTATOES

2 cups riced potatoes (sweets) ½ cup milk (hot)
2 tablespoons butter 2 eggs (beaten separately)
4 tablespoons sugar (brown) ½ teaspoon nutmeg
½ teaspoon salt ½ teaspoon cinnamon
1 tablespoon sweet wine flavoring

METHOD—Boil potatoes 30 minutes. Remove skins and run through ricer; add butter, sugar, salt, milk, well beaten yolks and flavoring; beat well and fold in stiffly beaten whites. Put in buttered baking dish, cover top with buttered crumbs and bake until brown in oven 400 degrees F.

ESCALLOPED SWEET POTATOES AND APPLES

6 sweet potatoes 4 tablespoons maple sugar
6 tart apples 3 tablespoons butter

METHOD—Boil and slice sweet potatoes. Peal, core and slice apples, arrange in alternate layers in a buttered baking dish. Sprinkle apples with sugar and dot potatoes with butter. Bake in a moderate oven with a cover for 20 minutes, remove cover for 15 minutes to brown,—oven 400 degrees F.

BAKED STUFFED SWEET POTATOES WITH NUTS AND BACON

Bake 4 large sweet potatoes and when tender cut in halves lengthwise and scoop out pulp. Mash fine, add salt, paprika and butter to taste with sufficient rich milk, so that the mixture may be whipped up. Fold in ½ cup chopped walnut meats, heap into potato skins and lay a thin slice of bacon over top of each. Set in a hot oven and serve as soon as the bacon is crisp.

CANDIED SWEET POTATOES (SOUTHERN STYLE)

Boil potatoes for 6 persons and slice. Pour over slices, 2 cups brown sugar, 1 cup water, ¼ pound butter, boiled for 5 minutes, and bake ½ hour. (Oven to suit balance of meal).

CREOLE SWEET POTATOES

Boil, peel and slice 6 small sweet potatoes. Add 2 tablespoons butter, ¼ cup cream, 1 tablespoon sugar, and 1 teaspoon spices, and place in layers with pineapple between. Place marshmalows on top and bake 20 minutes. (Cover for 15 minutes).

MAPLE SWEET POTATOES

Boil or steam narrow sweet potatoes in their jackets, until almost tender Remove skins, cut in lengthwise slices and brown quickly in deep fat. Drain on brown paper; transfer to shallow baking dish, sprinkle with a little salt and granulated sugar and pour over 1 tablespoon maple syrup and 1 teaspoon butter for each slice of potato. Bake in a hot oven for 15 minutes.

SWEET POTATO DIAMONDS

4 large sweet potatoes
2 tablespoons melted butter
3 cups water, colored a brilliant red
2 tablespoons sugar
3 apples
¾ cup sugar

METHOD—Boil potatoes until tender. Peel, cut in halves and then in diamond shapes having them as large as possible. Scoop out center. Brush with mixed butter and sugar and brown delicately in a hot oven. Pare apples, cut in fourths. Cut each piece in halves and remove cores. Cook until transparent in a syrup made of sugar and water. Put three sections of apple in each half potato, sprinkle with sugar and return to oven until heated through

TOMATOES WITH GREEN PEPPERS AND CHEESE

Use small can tomatoes, chop the solid portions and mix with the liquid; season with salt, paprika and sugar to taste Place a layer in bottom of a buttered baking dish, dot with bits of butter and sprinkle with minced green pepper, a thick layer of bread crumbs and grated cheese. Continue with alternate layers of the ingredients until all are used and have cheese and crumbs on top Bake in a moderate oven for ½ hour A bit of grated onion or garlic may be added to the tomatoes, if liked.

STUFFED TOMATOES

6 medium sized tomatoes
Salt and pepper to taste
3 tablespons minced onion
1 cup stale bread crumbs
2 tablespoons butter
3 drops tobasco sauce
2 slices bacon

METHOD—Wipe tomatoes; remove slices from stem end. Scoop out seeds and pulp; sprinkle inside with salt. Invert and let stand a few minutes. Cook onions in butter until slightly yellow, add tomato pulp seasonings and bacon. Cook 5 minutes and add crumbs. Fill tomatoes with mixture. Cover top with buttered crumbs, place in buttered pan and bake 20 minutes in oven 400 degrees F.

DEVILED TOMATOES

Chill tomatoes thoroughly, cut in rather thick slices and rub well on both sides with mixture of 1 tablespoon French mustard, ½ tablespoon Worcestershire sauce, 1 teaspoon sugar, ½ teaspoon salt, ¼ teaspoon paprika, few grains cayenne. Dip slices in corn meal and saute in bacon fat. Serve hot.

OKRA AND TOMATOES

Fried okra with tomatoes is a delightful accompaniment for roast lamb or lamb chops.

Fry sliced okra in small amount of oil for 5 minutes, then add 1 cup of tomato pulp or raw tomatoes. Cook 15 minutes. Season with salt and pepper; serve hot with meat.

BROILED TOMATOES

Cut tomatoes in halves without removing skins, dip in melted butter, season with salt and pepper and dip in fine cracker crumbs. Put under broiler and cook slowly until crumbs are browned.

TOMATO PASTE FRITTERS

1 can tomatoes
Cayenne or pepper
1 teaspoon salt
6 cloves
2 tablespoons sugar
4 slices onion
4 tablespoons butter
7 tablespoons cornstarch
1 egg

METHOD—Cook together tomatoes and seasonings. Rub through a sieve. Melt butter and stir cornstarch into it. Stir strained tomatoes into this. Cook 5 min-

utes. Stir in slightly beaten egg. Pour into a greased shallow tin. Cool. Cut into squares or other shapes. Roll in crumbs and fry in deep fat Drain.

BAKED SQUASH IN CASSEROLE

Cook 6 squash until tender, drain and cover with ½ cup cream sauce, season with 1 teaspoon sugar and 1-16 teaspoon cinnamon and cover with cheese. Bake ½ hour at 300 degrees F.

SAUTED SQUASH

Chayote and zuccini are especially adapted to this. Cut in thin slices lengthwise. Dip in flour. Saute in bacon or fresh pork fat or fry in deep fat.

VARIATION—Batter of 2 eggs, 2 tablespoons flour, ½ teaspoon salt, and ½ teaspoon sugar may be used in which to dip the squash.

STUFFED SUMMER SQUASH (FOR SIX)

6 squash
2 tablespons minced onion
½ teaspoon salt
¼ teaspoon pepper
½ cup bread crumbs
2 tablespoons butter

METHOD—Parboil 6 squash; remove centers. Mash part removed and combine with onion, salt, pepper, bread crumbs and butter. Stuff cooked squash shells, dot with butter and bake until brown on top.

CREOLE BEANS

½ onion
1 pint or more baked beans
2 tablespoons melted butter. Salt and cayenne to taste
½ lb. cheese
2 green peppers (shredded)

METHOD—Cook onion in butter, add cheese (cut small), stir until melted and smooth. Add shredded pepper (which has been freed from all seeds and scalded) and baked beans. Combine lightly; add salt and cayenne to taste and serve immediately on hot buttered toast.

HOT BEAN CUTLETS

Press cooked navy beans through a potato ricer and for each pint of pulp add 1 tablespoon chopped pimentoes, salt to taste, 3 slices of bacon, fried and finely chopped, 1 teaspoon onion and 2 tablespoons thick chili sauce. Let mixture become very cold. Form into small cutlets, flour and fry crisp and brown in hot bacon fat.

STUFFED GREEN PEPPERS

½ cup chopped pecans
6 green peppers
1 cup rice (cooked)
½ cup celery
½ cup cooked tomatoes
½ pimento cut fine
Salt and pepper to taste

METHOD—Clean peppers and parboil. Stuff with rice, chopped celery, pecans, tomatoes, pimento, salt and pepper to taste. Place small piece of butter on top of each, bake until brown and serve with white sauce.

VARIATIONS:

I. Peppers may be stuffed with beef, ham, chicken or fish combined with onion and cracker crumbs and tomato sauce.

II. Mix can of shrimp, ½ cup cream, ½ cu pbread crumbs. Heat together thoroughly; add 1 egg. Stuff peppers with same and cook ½ hour. Sweetbreads, mushrooms or crab meat may be used in place of shrimp.

SAUTED EGG PLANT

Peel egg plant and cut into ⅔-in. slices, sprinkle with sanlt and stand the slices in a pile, placing a light weight on top. Allow to stand ½ hour or longer. Dip slices in flower or egg and crumbs and saute, or dip in batter and fry in deep fat.

GREEN PEPPERS STUFFED WITH EGG PLANT

1 small egg plant
2 tablespoons butter
2 thick slices onion, chopped fine
¾ cup cooked rice
2 tablespoons tomato sauce
8 green peppers
Buttered crumbs
½ teaspoon salt
8 thick slices bread
⅛ teaspoon nutmeg

METHOD—Pare egg plant, cut in 2-3 inch cubes and cook until soft in boiling water. Drain. Melt butter and fry onions until brown. Add rice, stir and cook two minutes. Add egg plant, tomato sauce, salt and nutmeg. Remove tops and seeds from green peppers, parboil 5 minutes and place in muffin pans. Fill with egg plant mixture, sprinkle with buttered crumbs and bake in moderate oven until crumbs are brown. Shape the slices of bread with a large club cutter. With a small round cutter remove center and toast the bread slightly. Serve each pepper standing upright in a piece of toast.

BAKED EGG PLANT

1 large egg plant
2 tablespoons butter
1 large onion
1 thin slice bread
1 egg
½ cup bread crumbs
1 teaspoon salt

METHOD—Wash and parboil egg plant. Cut in half, remove carefully the inner part. Heat butter in frying pan, add onion, cut fine, and cook until soft. Add the egg plant and cook until tender, cutting and crushing it with a spoon while frying. Add bread dipped in water and squeezed nearly dry, mix well, add the seasoning and stir in egg. Remove from stove; fill shells of egg plant with mixture. Sprinkle with bread crumbs, mixed with little butter and salt, place in a buttered baking pan. Bake 15 or 20 minutes in oven 350 degrees F.

STUFFED EGG PLANT

1 egg plant
1 cup bread crumbs
1 tablespoon chopped onion
3 slices bacon
Salt and pepper
2 eggs (beat)

METHOD—Cook egg plant 15 minutes in boiling water. Cut a slice from top with a spoon and remove pulp, not too close to skin. Chop pulp, add bread crumbs. Fry onion and bacon together, add to chopped pulp and bread crumbs, season with salt and pepper, and if necessary moisten with a little stock or water; cook 5 minutes, cool slightly and add egg. Refill egg plant cover with buttered bread crumbs and bake 25 minutes in oven 400 degrees F.

EGG PLANT SPANISH

3 tomatoes
Salt to taste
2 cups cooked meat
2 tablespoons bacon drippings
1 onion (minced)
1 egg plant
1 green chili

METHOD—Brown minced onion in fat. Add other vegetables which have been ground with coarse chopper. Mix well. Add meat and seasonings. Bake in moderate oven ½ hour. The meat may be left-over roast of beef, mutton or pork.

DEVILED EGG PLANT

Peel egg plant and cut in ½ inch slices, brush with

melted butter, sprinkle with salt, pepper, paprika and spread with a thin layer of mustard. Sprinkle with bread crumbs and broil on a hot buttered broiler about 8 to 10 minutes. Pour tomato sauce over just before serving.

EGG PLANT (Mock Oyster)

1 egg plant — 1 egg
¼ pound butter — 1 can minced clams
1½ cups cracker crumbs — Salt and pepper

METHOD—Peel, dice and parboil egg plant. Add melted butter, crumbs, beaten egg, clams, salt and pepper. Bake in buttered baking dish about ½ hour.

BAKED ONIONS

Six good sized onions, peel and boil until nearly tender. Drain and remove centers. Make a force meat of 1 cup bread crumbs and 1 cup cooked meat, 2 tablespoons butter and chopped onion centers. Salt and pepper to taste. Mix thoroughly and fill cavities of onions. Place in buttered baking dish and add 1 cup of white sauce. Bake about 30 minutes.

VARIATION—Fill boiled onions with two tablespoons chopped walnuts, ½ cup chopped apple, 4 tablespoons bread crumbs and 2 tablespoons butter. Set in baking pan and baste while cooking with a little pork fat mixed with a cup of hot water.

BOILED ONIONS

Peal onions under water; cover with boiling water, add a pinch of soda and allow onions to stand 5 minutes. Drain off water, cover with boiling water and boil 45 minutes or until tender; drain off water, put in warm dish and serve with white sauce; sprinkle with cheese.

CAULIFLOWER

Boil or steam a small cauliflower with flowerlets down, and when nearly tender cut in small pieces; drain and saute lightly in hot butter. Make a thin cream sauce of 2 tablespoons butter, ½ tablespoon flour, salt, celery salt, and paprika to taste and 1½ cups of milk. Cook until well thickened, stir in two beaten eggs and add cooked cauliflower. Turn all into a buttered baking dish, sprinkle top with grated cheese and set in pan of

water. Bake in moderate oven (350 degrees F.) until set like custard. Slices of broiled bacon may be laid across the top if desired.

CURRIED CAULIFLOWER

Trim the green from cauliflower; soak in salted water, to which 1 teaspoon vinegar has been added, for ½ hour; then drain and cook in salted water until tender. Break into small flowerets and cover with the following sauce: Chop a young onion and cook in 1½ tablespoons bacon fat for 5 minutes. Add 1½ tablespoons browned flour and cook for two minutes. Add slowly a cup of milk or strained stock, ½ teaspoon curry powder, salt and paprika to taste; cook over hot water until thick.

BRUSSELS SPROUTS

Trim brussels sprouts freshened in cold water. Boil 20 to 30 minutes without a cover, adding salt to water after cooking 15 minutes. Drain and cover with cream sauce or Hollandaise sauce.

BEAN SPROUTS AND ONIONS

1 onion (medium) ½ lb. bean sprouts.
4 tablespons butter or bacon fat Salt to taste

METHOD—Brown onion slightly in fat. Add bean sprouts, cover and cook slowly 15 or 20 minutes.

Add to stews or ragouts one-half hour before serving, or serve just as prepared.

SPINACH SUPREME

3 bunches spinach 2 tablespoons flour
2 tablespoons butter or bacon drippings
1 tablespoon minced green onion Salt and pepper

METHOD—Cook leaves in ½ cup boiling water about 10 minutes. Drain and chop fine. Put butter in frying pan, add onion and let simmer but do not brown. Add flour; stir well until blended. Add spinach, salt and pepper. Cook 5 minutes, chop while cooking. Serve plain or with hard cooked egg if liked.

CREAMED SPINACH

2 cups cooked spinach, chopped fine 1 cup milk
1 teaspoon salt 1½ teaspoons salt
4 tablespoons flour 3 eggs
4 tablespoons butter 1 teaspoon minced onion

METHOD—To cooked spinach, add teaspoon salt. Make white sauce of flour, butter, milk and salt. When thoroughly blended add yolks of eggs. Then add minced onion, and last, beaten whites of eggs. Bake in custard cups or in casserole in oven 300 degrees F., until firm.

CREAMED TURNIPS

2 bunches young turnips
2 cups white sauce
1 teaspoon sugar
4 tablespoons melted butter
1 teaspoon salt
½ teaspoon pepper
Dash cayenne
1 cup bread crumbs

METHOD—Peel turnips, cut into cubes and cook until tender. Drain and place in baking dish in layers of white sauce, to which seasonings have been added, and bread crumbs. Dot over with butter and run into oven at 300 degrees F., for ½ hour.

VARIATION—One-half cup grated cheese may be added if liked.

OYSTER PLANT

1 bunch oyster plant (salsify)
Juice of 1 lemon
3 tablespoons butter
Salt and pepper
1 teaspoon chopped parsley
½ teaspoon chopped chives

METHOD—Wash and scrape oyster plant, put at once into cold water with lemon juice and let stand 10 minutes. Cut crosswise in 1 inch pieces and cook in boiling water until soft. Drain; add butter, salt and pepper and re-heat. Sprinkle with chives and parsley and serve.

RED CABBAGE

2 tablespoons butter
1 head red cabbage
1 teaspoon salt and pepper
4 tablespoons chopped onion
1 cup sour loganberry juice
2 tablespoons vinegar
2 teaspoons sugar

METHOD—Melt butter in kettle; brown onions. Add cabbage, stir and cover tightly; keep gas low. Steam 20 or 25 minutes. Add salt and pepper; cook again for 15 or 20 minutes. Add vinegar, sugar and loganberry juice, cook rapidly about 15 minutes.

FRENCH CABBAGE

1 medium sized cabbage
Salt and pepper.
2 tablespoons sugar
⅓ cup mild vinegar
1 tablespoon butter

METHOD—Shred cabbage fine and put into pan with enough boiling water to cover. Add salt and pepper to taste and other ingredients. Vinegar should not be too strong. Boil until tender. Allow liquid to boil off and cabbage to fry slightly.

MIRIAM'S GERMAN CABBAGE

1 medium sized red cabbage
4 slices bacon
1 onion
1 bay leaf
3 or 4 cloves
1 stick cinnamon
1 cup vinegar
¼ cup sugar
1 apple
Salt and pepper to taste

METHOD—Shred cabbage. Cut bacon in small pieces, fry slowly; add onion cut fine, cook until tender. Add cabbage and enough water to steam. Add seasonings, sugar and vinegar; cook slowly until cabbage is tender. Add apple, pared and cut in small pieces; simmer for 1 hour.

This can be kept indefinitely in jars and improves with reheating. It is delicious with pork, sausage or hamburg steak.

STUFFED CABBAGE

1 small cabbage
1 cup bread crumbs
1 cup raw ground cabbage
1 cup ham or sausage
1 egg
1 teaspoon salt
1 tablespoon parsley
1-8 teaspoon red pepper

METHOD—Steam a small cabbage or place in boiling water for 15 minutes to remove outer leaves and take out part of center of stem so that leaves will roll easily. Mix bread crumbs, chopped cabbage, ham, egg and seasoning. Shape like croquettes and roll in a leaf; if necessary, pin with a toothpick. Place a little boiling water in pan and pour over them a little tomato sauce. Cook in oven, 275 degrees F., 40 minutes.

CELERY PATTIES

½ cup celery hearts
½ cup ham (put through a food chopper)
½ cup cream
¼ cup fine stale bread crumbs
1 tablespoon butter
¼ teaspoon salt
1-16 teaspoon pepper

METHOD—Cook celery hearts until tender and pound to a paste. Add ham, cream, bread crumbs, butter

and seasonings. Cook in double boiler until mixture thickens; serve in patty shells.

CREAMED CELERY

Cut celery small and cook until tender. Drain off water and cover with thick white sauce.

NORMANDY CARROTS

½ cup sugar
½ cup vinegar
2 tablespoons butter
¼ teaspoon salt
1 tablespoon cornstarch
2 cups cooked carrots

METHOD—Mix sugar, vinegar, butter (melted), salt and cornstarch until smooth. Cook in double boiler until thick. Add to carrots and serve hot.

CORN

The only time corn is good on the cob is when it is very fresh and tender. Cook in boiling water from 8 to 12 minutes, according to size of cob and condition of grains.

FRIED CORN

3 cups corn
8 slices bacon, or ¼ cup oil
1 teaspoon salt
1 teaspoon sugar
1-16 teaspoon black pepper
1 tablespoon butter
1 tablespoon flour

METHOD—Cut corn from cob in 3 layers with blunt edge of knife. Scrape cob to get milk. Fry out bacon in heavy frying pan. Remove bacon and turn corn, salt, sugar, pepper, butter and flour in hot fat. Cook until jelly-like and turn with spatula or pancake turner. This will give a delightful crusty and well cooked vegetable. Green peppers and pimentoes may be added if liked.

CORN PUDDING

2 eggs, separated
½ teaspoon salt
Pinch pepper
2 tablespoons butter
1 cup milk
2 cups corn
1 tablespoon flour

METHOD—Beat together yolks of eggs, salt, pepper, butter and milk. Add corn and flour. Fold in beaten egg whites. Pour into casserole, place this in larger pan containing hot water (enough to reach 2-3 height of casserole) in oven 350 degrees F., until set; about 45 minutes.

CORN AND TOMATOES

6 tomatoes
2 tablespoons onion
1 tablespoon butter
2 cups corn
2 tablespoons drippings
Salt and pepper to taste
1 cup coarse bread crumbs

METHOD—Peel tomatoes and cut in small pieces. Cook chopped onions in butter until tender. Add tomatoes, cook until soft. Cook corn in hot drippings until clear and transparent, with salt and pepper. Combine with tomatoes and pour into baking dish. Sprinkle top with bread crumbs and bake 20 minutes in oven 400 degrees F.

CHEESE WITH POTATO PUFFS

1 cup mashed potatoes
¼ cup milk
1 egg, beat well
½ teaspoon salt
½ cup grated cheese

METHOD—Beat potatoes and milk together until thoroughly mixed, add egg, beaten thoroughly, salt and cheese. Bake in well oiled muffin tins in a slow oven for 15 or 20 minutes.

N. B.—A similar dish may be made by scooping out inside of a baked potato and mixing it with cheese as above. Fill potato skin shell with mixture; return to oven and bake until light brown.

PIMENTO AND CHEESE ROAST

2 cups cooked lima beans
¼ pound cream cheese or cottage cheese
1 can pimento
1 teaspoon salt
Pepper
Bread crumbs

METHOD—Put first three ingredients through meat chopper. Mix thoroughly and season to taste. Add bread crumbs until it is stiff enough to form a soft roll. Brown in oven, basting occasionally with melted butter and water. Serve with tomato sauce and Parme san cheese.

TAMALE EN CASSEROLE

1 can tamales
1 can tomato sauce
1 can corn or equivalent fresh corn
½ cup cracker crumbs
1-16 teaspoon black pepper

METHOD—Leave tamales in can and heat in hot water. Cut top and turn in casserole. Mash slightly and cover with tomato sauce, corn, cracker crumbs and pep-

per. Bake 20 minutes, conforming to temperature used for other foods in oven.

CUCUMBER BOATS

3 medium sized cucumbers Cooked peas
Salt, pepper and melted butter

METHOD—Peel cucumbers rather thickly, cut into halves lengthwise, and scoop out seeds. Cook in boiling salted water until tender, about ½ hour; drain thoroughly and fill with peas which have been seasoned with salt, pepper and melted butter.

STUFFED ARTICHOKES

6 artichokes 1 cup bread crumbs
2 tablespoons vinegar 1 cup ham (chopped fine)
1 tablespoon oil Salt and pepper to taste
2 tablespoons chopped onion

METHOD—Cook artichokes for 50 minutes in water to cover, beginning the cooking in cold water, add 2 tablespoons vinegar and 1 tablespoon oil to a gallon of water. Cover vessel and cook slowly.

When tender remove from water, spread leaves slightly to allow the following mixture to be placed inside. Mix crumbs, onion, ham, salt and pepper together and moisten with enough melted butter to hold together. Tie with string and place in baking pan with a little water and bake 20 minutes in oven 350 degrees F.

BROILED MUSHROOMS

Wash, remove stems and peel caps. (Stems and caps may be simmered with water to make stock for soup or sauce to serve with mushrooms.)

Melt 2 tablespoons butter in frying pan, add mushrooms and cook until nicely browned and tender, sprinkle with salt and pepper. Serve on toast with butter or mushroom sauce.

FRIED APPLES

Remove cores from 4 or 5 apples, but do not peel; cut in thick slices across the apple. Drop in cold water a few minutes, then put into a skillet with ¼ cup bacon drippings and cook for a few minutes. Turn over with pancake turner. Sprinkle 2-3 cup brown sugar and cook slowly about ¼ hour. Add ⅛ teaspoon black pepper.

Salads

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CHAPTER XII

SALADS

The dinner salad should be light, delicate and tasty and should harmonize with the balance of the meal. It may have a unique place of its own, but should never out-shine the balance of food.

Dinner calls for green succulent vegetables—never elaborate, sweet or gooey; never a combination of many things, only a touch of fruit and practically always served with a French dressing, which may be enhanced by pimentoes, Roquefort cheese, etc.

With game, chicken and rich meat courses, serve small portions of succulent salad, such as endive, tomatoes, cucumbers and if liked, avocado and grapefruit.

With a more elaborate dinner, asparagus tips, artichoke bottoms, hearts of palm, orange or grapefruit are good. The fruits are to be with any combination of two of the vegetables.

With a fish dinner use tomato, cucumber, water cress, endive, celery and lettuce, using one of the vegetables with one of the greens, or a combination of several, if liked.

If there has been a vegetable dinner, care should be taken not to duplicate any of the vegetables served at that dinner, but rather to favor the acid fruits, or a jellied combination of fruits.

When the salad is a part of the informal dinner service, it takes the place of the second vegetable and can be made of a combination of cooked carrots, beets, peas, string beans, shredded cabbage; any two of these served with French dressing on lettuce, or these may be used to fill the center of tomatoes.

For luncheon we are allowed more liberty and it is here where the fancy molded fruit and vegetable gelatine salads, the unique combination of fruits and vegetables, fruits and cheese, and such substantials as chicken and fish may be used to advantage.

Boiled dressing and mayonnaise or whipped cream with cottage or cream cheese may be used. Frozen salad is often the "piece de resistance" of the luncheon.

Often the hostess serves no pastry, ice or pudding as

the last course of her dinner—this is permissible, and the meal ends with a fruit, coffee, cheese and crackers. Then the sweet course may be preceded by what is sometimes called the dessert salad, which will be a combination of large portions of fruits, halves of peaches, stonned cherries, sections of grapefruit, large slices of banana, peeled figs, etc., marinated with French dressing and served with whipped cream dressing. This is called the dessert salad.

CALIFORNIANS LIKE SALADS SERVED AS APPETIZERS

Ideal combinations—Small slices avocado, pieces of red tomatoes (small ones are best), and 1 green vegetable ,tiny string beans, peas or cucumber. Cantaloupe may be substituted for the avocado in season. Marinate these cold vegetables in a French dressing in which a little chopped onion has been allowed to stand and then drained out.

Arrange in individual lettuce nests on a large platter, sprinkle with tiny balls (pin-head size), made of a snappy cheese and pass with it a well-seasoned mayonnaise.

When tomatoes are in best condition, peel and remove seeds and pulp, chill, fill when ready to serve, with mixture of green peas, small string beans and asparagus tips put together with French dressing.

SALAD COMBINATIONS

CABBAGE—Cabbage and carrots; cabbage, and pimentoes, or peppers; cabbage and tomatoes; cabbage and cheese (finely shredded as garnish).

PEAS—Carrots and peas; peas and beets; peas and pimentoes; peas and asparagus; peas and cheese; peas and tomatoes; peas and celery.

BEANS — Beans and beets; beans, onions and chopped cabbage; beans and peppers or pimentoes.

POTATO—Chopped eggs; chopped onion, or chopped onions and beets.

TOMATO—Tomatoes and cucumbers; tomatoes and celery; tomatoes and peas; tomatoes sliced and onions sliced; tomatoes and asparagus; tomatoes and cheese; tomatoes and nuts.

POTATO SALAD

2 cups cold cubed potatoes
1 cup celery, cut in small pieces
2 hard-cooked eggs, cut in coarse pieces
3 tablespoons chopped sweet pickle
3 tablespoons chopped green pepper
1½ tablespoons chopped parsley
1 teaspoon chives (if desired)
Dressing

METHOD—To potatoes add celery, eggs, sweet pickle, green pepper and parsley. If desired add chives. Mix all together and moisten with cream dressing or mayonnaise.

SWEDISH POTATO SALAD

2 cups peeled and boiled potatoes, put through potato ricer
1 cup shredded celery
½ cup shredded nut meats
French dressing.

METHOD—After potatoes have been put through ricer, chill thoroughly. Combine with celery and nut meats, using two forks, and add a French dressing, using only enough to season. Arrange in salad bowl and garnish edge with tips of cress and border of thinly sliced radishes or hard-cooked egg.

GERMAN POTATO SALAD

1½ pound potatoes
4 slices bacon
¼ cup vinegar
½ teaspoon salt
1 tablespoon chopped parsley
1 teaspoon chopped chives
1 small young onion, chopped

METHOD—Boil potatoes in their skins. Peel while warm and dice. Pan broil the bacon until almost crisp; do not burn drippings. Remove bacon; add to drippings, vinegar, salt, parsley, chopped chives and onion. Bring all to boil, add potatoes and bacon cut fine. Cover and let steam (no flame), 4 minutes. Turn out on platter and garnish with pickle and lettuce.

CARROT AND PEANUT SALAD

1 cup shredded carrot
1 cup chopped peanuts
½ cup mayonnaise
Lettuce

METHOD—Combine the ingredients and serve on lettuce.

CARROT AND CABBAGE SALAD

1 cup finely shredded cabbage
1 cup shredded carrots
½ cup chopped celery
½ cup raisins
1 cup mayonnaise

METHOD—Combine ingredients. Serve on crispy lettuce.

NEW ENGLAND SALAD

Dress flowerets of cold, cooked cauliflower with French dressing. From cold, cooked beets, remove top and scoop out center. Arrange prepared cauliflower to fill the cups, pour over boiled salad dressing and arrange heart of celery in each filled beet.

TOMATO AND ARTICHOKE SALAD

6 slices tomato
6 artichoke hearts
6 teaspoons snappy cheese
Romaine
Thousand Island dressing

METHOD—Slice tomatoes and remove tough outer leaves of California artichoke and marinate in French dressing for half hour. When ready to serve, arrange Romaine on plate, place slice of tomato spread with cheese and topped with artichoke; serve with Thousand Island dressing.

STUFFED TOMATO SALAD

6 small tomatoes
6 tablespoons chicken or veal, shrimp or crab (cut fine)
6 tablespoons peas
3 olives (cut fine)
1 tablespoon capers
Salt and pepper
Mayonnaise dressing

METHOD—Remove a round piece from stem end of tomatoes and scoop out seeds and core. Chill thoroughly. When ready to serve, mix together the solid part removed from tomatoes; cut fine, add other ingredients; season to taste with salt and pepper, adding mayonnaise to hold the mixture together; fill tomatoes, place in nests of lettuce and top with mayonnaise.

TOMATO, CREAM CHEESE AND OLIVE SALAD

4 large tomatoes
Lettuce
Cream cheese
French dressing
Ripe olives

METHOD—Cut a thin slice from top and bottom of tomatoes. Cut tomatoes in half and place in a nest of crisp lettuce leaves or on a slice of iceberg lettuce. Make a rose in center of tomato, of cream cheese, mixed with French dressing and seasoned with salt, using a pastry bag. Place border of chopped ripe olives around cheese and a dash of paprika on top.

TOMATO JELLY

2 tablespoons gelatine
1 can tomatoes
½ onion
1 stalk celery
1 bay leaf
2 cloves
1 teaspoon salt
Dash paprika
2 tablespoons tarragon vinegar
Cabbage
Pimentoes
Nuts

METHOD—Soak gelatine in ½ cup cold water. Cook tomatoes, onions, celery, bay leaf, cloves, salt and paprika 10 minutes. Add vinegar and gelatine, stir until dissolved, strain and pour in a ring mold. When cold, turn from mold and fill center with shredded cabbage pimentoes and nuts mixed with boiled dressing.

VARIATION 1—When ready to make salad, cut into cubes with a knife dipped in hot water and arrange on a bed of crisp lettuce leaves. Place between cubes of jelly, spoons of diced, cooked vegetables blended with mayonnaise dressing, and garnish with hard-cooked egg.

VARIATION 2—Turn into small individual molds that have been rinsed with cold water and chilled. Unmold on lettuce leaves and garnish with thick mayonnaise that has been pressed through pastry tube. This jelly may also be molded in a shallow pan and used for garnishing.

PICKLE SALAD

2 tablespoons gelatine
1 cup cold water
1 cup sugar
1 cup mild vinegar or
1 cup chopped sweet pickle
1 cup chopped walnuts
1½ cups pickle syrup

METHOD—Soak gelatine in cold water. Boil sugar and vinegar. Pour over gelatine and cool. Add pickles and nuts. Pour into small molds which have been rinsed in cold water. Chill until firm. Remove from molds by dipping in warm water quickly. Arrange on lettuce leaves and serve with mayonnaise.

ARTICHOKE SALAD

Sufficient number of artichokes to serve one to each person. Cook for 50 minutes in water to cover, begin the cooking in cold water, add 2 tablespoons vinegar and 1 tablespoon oil and a tiny pip of garlic to gallon of water. Cover vessel and cook slowly. Serve with mayonnaise. Hot or cold.

VARIATION—Peel 3 oranges, slice lengthwise; use equal amount of tender blanched celery stalks, cut in inch lengths. Mix together lightly with 2 tablespoons salad oil, 1 tablespoon lemon juice, ½ teaspoon salt, ¼ teaspoon paprika. Heap together lightly on a serving dish and surround with cooked hearts of artichokes, cut into quarters, wreath with blanched celery leaves.

CUCUMBER SALAD

Pare large cucumbers and cut into thin slices; cut each slice round and round so as to form a long, narrow curling strip. Let these strips stand an hour in ice water, drain and dry. Serve with French dressing. Toss first in oil, then add condiments and lastly vinegar.

VARIATION—Pare cucumbers with fluted knife, slice very thin and marinate in vinegar and oil. Arrange on Romaine.

CELERY ROOT SALAD

1 large celery root French dressing

METHOD—Boil celery root until tender and clear looking. Cut in quarters and marinate in French dressing. Serve on hearts of lettuce.

CHICKEN SALAD

Cook chicken at simmering point with 1 teaspoon celery salt, bay leaf, and 1 whole clove, for flavor (in a cloth bag). When chicken is ready to fall from bone, cut in small pieces with scissors and combine with the following: For each cup of chicken use ½ cup of celery,

crisp and cut in pieces, 4 tablespoons almonds, blanched and cut in thin strips and a few delicately flavored pieces of pickle; marinate the whole with mayonnaise or boiled dressing. May be garnished with ripe olives, hard cooked egg or capers.

CHICKEN MOUSSE

2 cups chicken
¼ pound mushrooms
1 tablespoon gelatine
1 cup hot broth, highly seasoned
¼ cup cold chicken broth
1 cup whipped cream

METHOD—Cut chicken meat very fine; cut mushrooms small. Soften gelatine in cold chicken broth and dissolve in hot broth; allow to cool; add meat and mushrooms. Set in ice water until mixture begins to set. Fold in whipped cream, pour in mold and allow to congeal. Serve on large platter garnished with lettuce, water cress and radishes.

FROZEN CHICKEN RECEPTION SALAD

1 tablespoon gelatine
3 tablespoons cold water
1 cup mayonnaise
1½ cups heavy whipped cream
½ cup ripe olives, chopped
2 cups diced chicken
¾ cup diced celery
¾ cup chopped almonds
¾ cup seeded grapes or diced pineapple

METHOD—Cover gelatine with cold water. Let stand 5 minutes, dissolve over steam and add to mayonnaise, cool and combine with stiffly whipped cream. Fold in chicken, celery, olives, almonds and grapes. Transfer to mold rinsed with cold water, seal, freezing in equal parts ice and salt, or place in tray of mechanical refrigerator, for from 2 to 4 hours. Serve garnished with lettuce, whole almonds, and halved grapes if liked.

LOBSTER SALAD

Cut lobster meat in dice and marinate with orange juice. Keep on ice until ready to serve, then drain carefully. Make cups of inside leaves of lettuce, put a spoonful of lobster meat in center of each cup and spoonful of celery and press mayonnaise dressing through pastry bag with star tube attached, to top of lobster in each nest. Garnish with hard cooked egg.

VARIATION—Arrange equal portions lobster and celery in a mound on bed of lettuce and mask mound

with mayonnaise. Finish center with a little bouquet of heart leaves of lettuce Garnish with mayonnaise and capers.

N. B.—Crab or shrimp salad may be made by same recipe.

FISH SALAD IN SHELLS

1 pint cubed, cooked or canned fish
1 teaspoon onion juice
½ teaspoon salt
¼ teaspoon paprika
2 tablespoons thin slices cucumber pickles
2 tablespoons capers
¼ cup sliced olives

METHOD—Marinate fish in French dressing, to which has been added the onion juice. Sprinkle with salt, and paprika. Mix, without breaking fish, and let stand in cool place 1 hour or longer. Drain fish, add cucumber pickles, capers, sliced olives and enough mayonnaise to hold together.

Serve salad in scallop shells, smooth over top and mask completely with mayonnaise dressing. Garnish with shreds cut from green pepper, a bit of Japanese parsley, figures cut from pickled beets and hard cooked egg white. Chill thoroughly before serving.

N. B.—May be served in tomato shell or on lettuce.

ANCHOVY SALAD

12 bottles anchovies
Juice of ½ lemon
1 head lettuce
4 hard cooked eggs
French dressing

METHOD—Divide anchovies into small pieces and squeeze lemon juice over them. When ready to serve, arrange lettuce leaves upon a serving dish, stalks at center; cut eggs in slices, mix with bits of anchovies and arrange on the lettuce. Pour dressing over the salad.

MOLDED TUNA SALAD

1 pound tuna
½ teaspoon salt
1 teaspoon sugar
1 teaspoon flour
½ teaspoon mustard
Dash paprika
1 tablespoon granulated gelatine
¾ cup hot milk
¼ cup hot vinegar
2 tablespoons butter
2 egg yolks
¼ cup cold water

METHOD—Flake tuna and combine with dressing.

Mix salt, sugar, flour, mustard and paprika together. Over these pour hot milk, gradually and cook over hot water 10 minutes. Add hot vinegar and butter creamed and mixed with beaten egg yolks. Stir until egg is set, add 1 tablespoon gelatine, softened in cold water and dissolved over hot water. Cool; add tuna. Mix thoroughly, turn into mold. When chilled, serve with dressing.

CRAB MEAT SALAD

1 envelope sparkling gelatine
½ cup cold water
½ cup boiling water
2 tablespoons sugar
½ teaspoon salt
½ teaspoon paprika
¼ teaspoon mustard
½ cup celery
1 teaspoon celery seed
¼ cup lemon juice
½ cup mayonnaise
2 cups crab meat
2 tablespoons green pepper
½ cup ripe olives

METHOD—Soften gelatine in cold water, dissolve in boiling water. Add sugar, salt, paprika, mustard, celery seed, and when cold the lemon juice. Allow to stand ½ hour in cold vessel and beat in ½ cup mayonnaise.

Add crab meat, green pepper, olives, if desired a tiny bit of pimiento, and ½ cup celery. Pack this in individual molds and chill. Serve on lettuce leaves.

SHRIMP AND AVOCADO IN ASPIC

4 cups tomato aspic
1 cup diced celery
¼ pound shrimps
½ head lettuce (shredded)
1 avocado
French dressing

METHOD—When aspic begins to congeal arrange in ring mold with half of celery and shrimps, cleaned and broken in two. When congealed unmold on platter. Fill center with shredded lettuce, then celery and avocado, cut in slices, which have been marinating in French dressing. Garnish with a little mayonnaise.

GRAPEFRUIT AND AVOCADO SALAD

Arrange slices of avocado and large sections of grapefruit alternately in a circular design, on crisp lettuce leaves. Serve with French dressing slightly flavored with garlic.

VARIATION 1—Slice avocados in thin strips and marinate with French dressing. Alternate strips of avo-

cado with asparagus tips and place on white lettuce leaves. Serve with Thousand Island dressing.

2—Pare and mash ripe avocados, scoop out ripe tomatoes, fill with avocado pulp mixed with mayonnaise

APPLE SALAD

Core well-ripened apple and peel with fluted paring knife (1 to 3 persons to be served). Cut in rather thick slices, and arrange one slice to a salad. On top of each slice of apple, make a ring of seasoned cream cheese, using a pastry bag to press the cheese out. Serve on lettuce.

HARVEST SALAD

Peel 6 sound apples and take out large core, rub over with lemon juice. Have a syrup of 1 cup sugar, 1 cup water, juice of 1 lemon. Boil and put apples into it to cook. Turn apples from time to time until tender, remove and set aside to cool. Stick salted almonds into sides of apples, fill cores with pineapple, cherries and marshmallows. Serve as a salad with boiled dressing or as a dessert with foamy sauce.

ASTOR SALAD

6 marshmallows, cut in quarters
2 bananas, peeled and diced
2 apples, shredded
1 cup cottage cheese
6 slices pineapple
12 walnuts, broken
½ cup mayonnaise
½ cup whipped cream

METHOD—Chill fruit, having bananas and apples marinated in lemon juice. Slice pineapple crosswise, put together with cheese as sandwich and arrange on lettuce leaves; add bananas, apples, marshmallows and walnut meats. Combine mayonnaise and whipped cream; top each serving and garnish with a maraschino cherry.

PORCUPINE SALAD

6 halves of pears
1 cup blanched almonds, shredded lengthwise
12 cloves
Mayonnaise

METHOD—Place pears on lettuce leaves, cut side down and stick almond shreds in rows over the rounded top of pear, like quills of porcupine. Stick 2 cloves in small end of pear to represent eyes. Serve with mayonnaise.

PEAR AND CHEESE SALAD

Peel 1 (well ripened) Bartlett pear for each person to be served. Remove entire core and fill cavity with highly seasoned cream cheese. Insert, in cheese, stem taken from core, and sprinkle one side of pear with paprika. Serve on bed of lettuce with French dressing.

STUFFED PEACH SALAD

6 peaches
1 cup French dressing
1 cup diced apples
1 cup diced celery
¼ cup mayonnaise
1 cup whipped cream
¼ cup pecans

METHOD—Peel peaches. Remove pit and marinate in French dressing. Arrange peaches on lettuce. Fill centers with apple and celery, mixed with mayonnaise and whipped cream. Garnish with nuts and sprinkle with paprika.

PEACH BASKET SALAD

1 cream cheese
1 tablespoon cooked dressing
1 tablespoon cream
6 halves of peaches
3 slices pineapple, cut in halves
Whipped cream
½ cup crushed pecan meats

METHOD—Mix cheese, dressing and cream. Form into balls to fit pitted center of peaches and roll in nut meats. Place peach, round side down, on lettuce leaf and fill center with cheese ball; place a half slice of pineapple over cheese ball to make handle. Serve with cooked dressing to which whipped cream has been added.

PERSIMMON SALAD

Cut a ripe persimmon in strips and place on shredded lettuce leaves to resemble petals of a flower, placing in the center a ball made of Neufchatel cheese. Sprinkle with paprika. Serve with French dressing.

HAWAIIAN SALAD

Thoroughly chill and drain large slices of canned pineapple. Place in center of each slice a tiny ball of Roquefort cheese and sprinkle with chopped nuts and dates. Lay on a bed of crisp lettuce leaves and cover with a cream mayonnaise made as follows:

Beat stiff, 1 cup heavy cream, season to taste with

salt and paprika, and blend with 3 tablespoons mayonnaise.

BILTMORE SALAD

3 cups shredded cabbage
1 can pineapple
½ pound marshmallows
¼ pound walnuts
1 cup whipped cream
1 cup cooked dressing

METHOD—Mix together lightly cabbage, pineapple (diced), marshmallows (cut in quarters) and walnuts (cut small). Fold whipped cream into dressing and add to first mixture. Place in mold and adjust fitted cover. Pack in three parts ice to one part salt, or allow to freeze in tray of mechanical refrigerator for three hours. Unmold on bed of crisp lettuce hearts and garnish with whipped cream dressing.

CANDLE-LIGHT SALAD

Place a slice of pineapple on lettuce leaf. Stand ½ banana vertically in hole of pineapple. Put a spoonful of dressing on top of banana to represent melting candle, with a half of cherry or bit of red jelly for light. Half of sliced green pepper or a curl of orange peel may be placed on edge of pineapple for handle. Serve dressing separately.

MACARONI SALAD

2 cups cooked, blanched macaroni
1 cup shredded cabbage
Mayonnaise or boiled dressing.
½ cup celery
½ cup green pepper
½ onion

METHOD—Put this combination together an hour before serving and if for adults, ½ cup of grated cheese may be sprinkled over the salad before serving. The macaroni left from a previous meal may be used. Garnish with pimentoes if desired.

PINEAPPLE DRESSING

2 eggs
1 cup sugar
1 cup canned pineapple juice
½ cup lemon juice
½ pint whipping cream

METHOD—Beat eggs well and cook with sugar, pineapple juice, and lemon juice in double boiler for 30 minutes. Cool and when ready to use, whip cream and fold into mixture.

MOULDED FRUIT SALAD I

1 can fruit salad
1 package lemon gelatine
2 oranges, peeled and sliced (diced)
1 grapefruit, peeled and sliced
1 cup shredded cabbage
1 tablespoon lemon juice
Pinch salt and dash paprika
1 cup pineapple dressing

METHOD—Drain fruit juice from canned fruit, bring to boiling point, add gelatine and stir until thoroughly dissolved. When cool and ready to congeal, add the fruits and cabbage. Add seasoning. Fold in pineapple dressing and pour into mold. Freeze three hours.

MOLDED FRUIT SALAD II

1 cup orange sections
1 cup grapefruit sections
1 cup diced pineapple
¼ cup maraschino cherries
2 tablespoons chopped nuts
1 cup heavy cream
2 tablespoons cottage cheese
1 teaspoon lemon juice

METHOD—Combine fruit, nuts, cream whipped very stiff, cottage cheese and lemon juice. Put into small round molds (jelly glasses will do), and place in coldest part of refrigerator for about two hours. It should be sufficiently molded and sufficiently chilled at that time to come out in a solid mold. Garnish with lettuce.

PERSIAN SALAD

1 can tomato soup
1½ cups finely diced celery
3 pkgs. Philadelphia cream cheese
2 tablespoons gelatine
½ cup cold water
1 small bottle stuffed olives
1 cup mayonnaise

METHOD—Bring soup to boiling point. Remove from stove. Add cheese, and stir until melted. Add gelatine softened in cold water. When cool, add mayonnaise, celery and olives. Pour into ring mold or individual molds. Chill and unmold. Serve on a bed of lettuce garnished with avocado slices and hard cooked egg.

GRAPEFRUIT SALAD

2 tablespoons gelatine
1 cup cold water
1 cup boiling water
1 cup sugar
1 cup lemon juice
3 grapefruit, cut small
1 cup boiled dressing
½ cup whipped cream

METHOD—Soften gelatine in cold water, add boiling water and sugar; stir thoroughly; when cool, add lemon juice. Allow to slightly congeal before adding fruit and boiled dressing, combined with whipped cream. Pour into slightly oiled mold and pack in ice and salt (1 part rock salt, 4 parts crushed ice), for 3 hours, or place in mechanical refrigerator until set. Slice and serve on lettuce hearts.

THANKSGIVING SALAD

½ cup nut meats
1 cup cranberry jelly
6 slices pineapple
Shredded lettuce
1 cup boiled dressing
½ cup whipped cream

METHOD—Mix nuts and jelly; heap on sliced pineapple on bed of shredded lettuce. Serve with boiled dressing and whipped cream. Garnish with cheese balls.

CRANBERRY SALAD

2 cups sugar
½ cup water
1 pound cranberries
2 tablespoons gelatine
2 tablespoons water
1 tablespoon lemon juice
1 cup nut meats
1 cup celery

METHOD—Boil sugar and water until sugar is dissolved; add cranberries, cook until they pop; add gelatine softened in 2 tablespoons cold water; cool and add lemon juice, nut meats and celery. Pour into mold.

Serve with dressing made of three parts sour whipped cream and 1 part cream cheese or mayonnaise.

ORANGE JELLY SALAD

1 envelope gelatine
¼ cup cold water
½ cup boiling water
1/3 cup sugar
1 cup orange juice
1 tablespoon lemonjuice
Orange pulp

METHOD—Soften gelatine in cold water, add boiling water, sugar, orange juice and lemon juice. Chill, and when jelly begins to congeal, add small pieces of orange pulp and pour into individual molds. Garnish with tips

of cress and with cream cheese forced through pastry bag. Serve with French dressing or cream mayonnaise.

ASPIC JELLY

2 cups highly seasoned stock
1 tablespoon gelatine
1 egg white
Crushed egg shell

METHOD—Put stock and gelatine in a sauce pan and let stand five minutes. Add slightly beaten egg white with crushed egg shell, heat gently to boiling point stirring constantly and boil 3 minutes. Let stand 20 minutes or until a decided separation takes place, strain through double cheesecloth between two strainers. Season and use as liked.

LEMON JELLY

3 cups water
2 tablespoons granulated gelatine
½ cup sugar
1 teaspoon thinly peeled rind of lemon
1/3 cup lemon juice
1/3 teaspoon salt
Dash paprika
1 egg white

METHOD—Pour ½ cup water over gelatine; bring remaining water slowly to boiling point with sugar, grated lemon rind, lemon juice, salt and paprika. Add softened gelatine and egg white slightly beaten; whisk all together thoroughly, until mixture boils up rapidly. Set aside for 20 minutes, then strain through jelly bag or through doubled cheesecloth.

N. B.—Add fruits and etc. For vegetables, add a little vinegar.

MAYONNAISE RING

½ envelope gelatine
2 tablespoons cold water
½ cup hot water
2 cups mayonnaise
2 cups whipped cream
1 egg white
1 tablespoon pimiento, minced

METHOD—Soak gelatine in cold water and dissolve in hot water. When cold, fold in mayonnaise, whipped cream, pimiento and egg white, beaten stiff. Pour into ring mold and allow to congeal. Unmold on bed of lettuce and fill center with asparagus tips, hearts of artichoke or a combination of fruits in season. Garnish with mayonnaise.

CHEESE RING SALAD

1 tablespoon gelatine
¼ cup cold water
½ cup Roquefort cheese
2 cream cheeses
¼ teaspoon salt
1 teaspoon onion juice
¼ teaspoon paprika
1 cup whipped cream

METHOD—Soak gelatine in cold water, dissolve over hot water. Mash Roquefort and cream cheeses and add dissolved gelatine. Add seasoning. Fold in whipped cream, turn in to ring molds and put in refrigerator. Serve on large salad plate.

PINEAPPLE NUT RING SALAD

2 tablespoons gelatine
¼ cup cold water
1 cup pineapple juice and water
2 tablespoons vinegar
2 tablespoons lemon juice
1 cup diced pineapple
1 cup mayonnaise
1 cup chopped nuts
1 teaspoon salt
1 cup marshmallows
1 cup whipped cream
1 cup shredded cabbage

METHOD—Soak gelatine in cold water, add to pineapple juice and water, heated to boiling point. Stir until gelatine is dissolved. Add vinegar, lemon juice and salt. Put a little of this mixture in bottom of ring mold to form a glaze over top of the ring when unmolded. When mixture has cooled, add mayonnaise. Combine with nuts, pineapple, cabbage and marshmallows cut in quarters. Fold in cream, whipped stiff, and pour into mold. When ready to serve, unmold and fill center with shredded

FROZEN TUTTI FRUTTI SALAD

2 tablespoons gelatine
2 tablespoons cold water
¼ cup orange juice
2 tablespoons lemon juice
1 tablespoon minced preserved ginger
1 cup gingerale
½ cup diced pineapple
½ cup diced canned peaches
¼ cup cherries

METHOD—Soften gelatine in cold water and dissolve over hot water. Combine all ingredients and pack in cans in ice and salt, or in mechanical refrigerator pans, for 4 hours. Serve with whipped cream dressing; garnish with mint sprays.

VARIATION—One-half cup pineapple, 1 cup shredded cabbage and 6 marshmallows, cut in quarters may be used with the gelatine.

DEVILLED CHEESE (SALAD ACCOMPANIMENT)

2 packages Neufchatel cheese
2 tablespoons butter
⅛ teaspoon onion salt
⅛ teaspoon white pepper
1-16 teaspoon paprika
Pinch Cayenne
Pinch soda
Chopped pecans

METHOD—Mash cheese with a fork and add softened butter, onion salt, white pepper, paprika, cayenne and soda. If not soft enough to form into balls, add cream; form into balls and then roll in chopped pecans and shake over this a little paprika. May be formed in one large roll, sliced, and passed on cheese plate after dinner.

CHEESE PUFF BALLS

½ cup grated American cheese
1 tablespoon flour
Pinch of salt, cayenne or paprika
2 egg whites
Cracker crumbs

METHOD—Combine cheese, flour and seasoning and add to stiffly beaten egg whites. If too crumbly to mold, add a few drops of milk. Form into balls size of walnuts, roll in cracker crumbs and fry a light brown (about 1 minute), in deep fat. Drain on soft paper and serve hot.

FROZEN RICE SALAD

½ cup cooked rice
½ cup mayonnaise
4 tablespoons minced preserved ginger
4 tablespoons ginger syrup
1 cup whipped cream

METHOD—Pack in ice and salt for 4 hours or in mechanical refrigerator for 5. Serve with whipped cream and mayonnaise.

Salad Dressings

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CHAPTER XIII

SALAD DRESSINGS

Delicious fruit salads are often spoiled by being served with a sour dressing which is appropriate for vegetable and meat salads only. If one wishes to keep the dainty, sweet flavor of the fruit in prominence, it is very desirable to have a special dressing for fruit salads.

FRENCH DRESSING NO. 1

1 cup salad oil
1 tablespoon sugar
⅓ cup vinegar or juice of 1 lemon
1 tablespoon grated onion
1 teaspoon paprika
1 teaspoon mustard
¼ clove garlic
1 teaspoon salt

METHOD—Beat well. Keeps well and tastes better few days old.

N.B.—⅓ cup catsup may be added.

FRENCH DRESSING NO. 2

1 clove garlic, or onion
1 teaspoon salt
½ teaspoon dry mustard
¼ teaspoon paprika
½ teaspoon celery salt
2 whole cloves
4 whole peppers
6 tablespoons vinegar
1 cup oil

METHOD—Rub bowl with garlic or onion, mix dry ingredients, add vinegar and oil, beat with Dover egg beater until thick. Beat well before serving. May be made in large quantities and will keep indefinitely in a Mason jar, ready for use.

VARIATION—Mayonnaise, whipped cream or chili sauce may be added to this French Dressing.

SWISS SALAD DRESSING

1 tablespoon lemon juice
Paprika
½ teaspoon salt
3 egg yolks
½ cup boiled honey
½ pint cream (whipped)

METHOD—Add lemon juice, paprika and salt to egg yolks; stir into boiled honey. Cook 1 minute. Beat at intervals until cold. Fold in whipped cream.

FRUIT SALAD DRESSING, I

½ cup olive oil
3 tablespoons honey
2 tablespoons lemon juice
Pinch salt

METHOD—Beat until frothy and use at once.

GRAPEFRUIT FRENCH DRESSING

4 tablespoons oil
4 tablespoons grapefruit juice
1 teaspoon powdered sugar
¼ teaspoon paprika
½ teaspoon salt

METHOD—Beat well and chill before serving.

ROQUEFORT DRESSING

½ clove garlic
6 tablespoons oil
2 tablespoons vinegar
4 tablespoons ripe Roquefort cheese
White pepper and paprika to taste
⅓ teaspoon salt

METHOD—Cream cheese into oil. Mix vinegar, salt, pepper and paprika; add slowly cheese and oil, blending carefully. Put garlic in a crust of bread and marinate with dressing for ½ hour. Remove crust before serving. The uncooked yolk of an egg is sometimes beaten into the cheese, before the oil, and thick cream may replace part of the oil.

MAYONNAISE

2 tablespoons vinegar, or lemon juice
1 teaspoon sugar
1 teaspoon salt
1 teaspoon prepared mustard
Cayenne and black pepper
1 whole egg or 2 yolks
1 pint salad oil

METHOD—Mix vinegar, sugar, salt, mustard and pepper in a cup; stir and leave while mayonnaise is being made. Break egg into deep narrow bowl, add 1 tablespoon oil, beat vigorously. Add remainder of oil slowly, beating continuously. As mayonnaise thickens add oil more rapidly; beat well until thick and stiff. The more oil used, the thicker mayonnaise will be. Add seasonings.

FILLED MAYONNAISE

3 tablespoons cornstarch
⅓ cup vinegar
1 cup boiling water
1 egg
1 teaspoon mustard
1 teaspoon salt
2 tablespoons sugar
Dash cayenne
¼ teaspoon paprika
1 cup oil

METHOD—Stir cornstarch and vinegar together, add boiling water, cook until translucent. Put egg in deep bowl, mustard, salt, sugar, cayenne, paprika and oil. Add cornstarch mixture while hot, beat all together thoroughly, until thick and smooth. Ingredients must be added in sequence given and beaten thoroughly in a deep bowl with strong egg beater.

CURDLED MAYONNAISE

Occasionally mayonnaise curdles; the addition of a little white of egg, a few drops of lemon, or a few drops of evaporated milk, with thorough beating, will cause it to become smooth. In case this is not effective use yolk of an egg, beaten well and add to curdled mixture slowly.

CHIFFONADE DRESSING

1 pint mayonnaise
½ cup mixed chopped green peppers and canned pimintoes
½ tablespoon horseradish
¼ cup mixed chopped olives and cucumber pickle

METHOD—To the mayonnaise add ingredients, mixing thoroughly.

THOUSAND ISLAND DRESSING

1 cup mayonnaise dressing
4 tablespoons chili sauce (strained)
1 tablespoon finely minced young onion
1 teaspoon sauce al a Bercy
1 tablespoon very finely minced green pepper
1 pimiento rubbed through a sieve
1 hard-cooked egg, rubbed through a sieve or chopped fine.

METHOD—Stir ingredients and thin with oil. If desired, season with salt, pepper, cayenne and tablespoon sugar. Capers, chopped chives, garlic, chopped parsley or India relish may be used in addition to the first mixture or any of these may be used in lieu of the ingredients of the first mixture. Fold in 3 tablespoons whipped cream when serving.

RUSSIAN DRESSING

⅔ cup mayonnaise
2 teaspoons chopped green pepper
2 teaspoons pimientoes
2 teaspoons chopped chives
½ teaspoon paprika
3 tablespoons chili sauce
4 tablespoons chopped ripe olives
4 tablespoons chopped celery

METHOD—To mayonnaise add all the other ingredi-

ents, blending well. Very nice with quartered lettuce.

VARIATION—(1) Add a little anchovy paste, capers, chopped sweet pickles and whipped cream, in place of peppers, pimientoes, chives and egg. (2) Add 2 tablespoons grated Parmeson cheese.

LOUIS SAUCE FOR CRAB, ETC.

1 cup mayonnaise
½ small bell pepper
1 small new onion
4 tablespoons chili sauce
1 tablespoon sugar
Paprika

METHOD—To mayonnaise, add pepper and onion, chopped very fine, chili sauce and paprika to taste. Pour over crab or lobster. Garnish with crisp lettuce leaves, hard-cooked egg, sliced beets, etc.

POTATO MAYONNAISE

Small baked potato
1 teaspoon salt
1 teaspoon powdered sugar
1 teaspoon mustard
2 tablespoons vinegar
¾ cup oil

METHOD—Remove and mash the inside of potato, add seasoning and rub through a sieve. Add oil slowly and beat well.

FRUIT SALAD DRESSING, II

¼ cup cornstarch
¼ cup sugar
1 cup water
¼ cup lemon juice
1 tablespoon grated lemon rind
1 tablespoon butter
1 teaspoon celery salt
2 egg yolks
½ cup whipped cream

METHOD—Cook cornstarch, sugar and water until thick; add lemon juice, rind, butter, celery salt, and beaten egg yolks. When cold and ready to serve, fold in whipped cream. Additional seasonings may be added if liked.

N.B. Good fruit combinations for this dressing are pineapple, bananas, marshmallows and nuts, or apples, celery and nuts.

BOILED DRESSING (Excellent)

5 egg yolks
¼ cup sugar
1 tablespoon flour
½ teaspoon prepared mustard
½ teaspoon salt
½ teaspoon celery seed
¼ teaspoon white pepper
Dash of cayenne
½ cup white vinegar
¼ cup oil

METHOD—Beat yolks, add sugar, flour, mustard, salt, celery seed, pepper and cayenne; beat well. Boil vinegar and oil together and add egg mixture; stir until thick. Remove from stove; beat occasionally until cold. This keeps indefinitely in a glass jar. When ready to serve add ½ cup whipped cream or ¼ cup sweet cream to ½ cup of dressing.

CREAM DRESSING (For Potato or Chicken Salad)

1½ teaspoons mustard
1½ teaspoons salt
1½ teaspoons sugar
3 teaspoons flour
2 egg yolks
½ cup vinegar
3 tablespoons butter
½ cup heavy cream

METHOD—Mix mustard, salt, sugar and flour. Beat egg yolks, add seasonings. Scald vinegar, add butter. Mix with egg yolk. Cook over hot water until it thickens. Cool, add cream whipped stiff.

PINEAPPLE DRESSING

2 eggs
½ cup sugar
1 tablespoon cornstarch
1 cup canned pineapple juice
½ cup lemon juice
½ pint whipped cream

METHOD—Beat eggs well; add sugar and cornstarch, pineapple juice and lemon juice. Cook in top of double boiler 30 minutes without removing cover or beating. When cool and ready to serve, beat and fold in whipped cream.

PASADENA FRUIT SALAD DRESSING

⅔ cup orange juice
2 tablespoons lemon juice
1 tablespoon butter
¼ cup sugar
2 egg yolks
½ pint cream

METHOD—Combine orange, lemon juices and butter in double boiler. Add sugar and beaten egg yolks. Cook until thick; beat well when cool and add stiffly whipped cream.

CUBAN SALAD DRESSING

1 tablespoon butter
1 tablespoon flour
½ cup milk
2 tablespoons sugar
1 egg yolk
Pinch salt
1-16 teaspoon white pepper
1 teaspoon lemon juice
½ cup whipped cream
1 banana rubbed through a sieve

METHOD—Cook butter, flour and milk until smooth

and clear. Add sugar and egg yolk and cook until thick. Season with salt, pepper, lemon juice and when cool, add banana pulp. When ready to serve, fold in whipped cream.

GOLDEN SALAD DRESSING

¼ cup pineapple juice
¼ cup orange juice
2 tablespoons lemon juice
⅛ teaspoon salt
2 egg yolks
⅓ cup sugar
2 egg whites

METHOD—Heat fruit juices and salt in double boiler. Beat yolks, gradually adding one-half the sugar; add to hot fruit juice; stir until smooth. Beat whites, add balance of sugar. Combine mixtures, remove from stove. Beat occasionally as it cooks.

VARIATION—One tablespoon cornstarch may replace one egg. Any combination of juices may be used. The egg whites may be omitted and whipped cream folded into the dressing when cold.

BUTTERMILK DRESSING

½ cup vinegar
½ cup water
2 teaspoons cornstarch
1 teaspoon butter
1 teaspoon mustard
½ teaspoon salt
2 teaspoons sugar
2 eggs
1 cup buttermilk

METHOD—Cook vinegar, water, cornstarch, butter and seasonings in double boiler until clear. Add slightly beaten eggs, when it begins to thicken, add buttermilk, stirring constantly. Cook until mixture coats spoon. Strain if necessary.

SOUR CREAM DRESSING

½ pint sour cream
1 tablespoon lemon juice
1 tablespoon sugar
1 teaspoon salt
¼ teaspoon paprika
¼ teaspoon French mustard

METHOD—Beat cream until stiff. Mix together lemon juice, sugar, salt, paprika and mustard. Gradually add mixture to cream, beating well.

CHEESE SALAD DRESSING

1 cup sour cream
1 tablespoon lemon juice
Salt, pepper and paprika to taste
2 Neufchatel cheeses

METHOD—Whip cream stiff, add little at a time, lemon juice and seasonings. When ready to serve, add

cheese, which has been broken in small pieces. Excellent for salads in which pineapple predominates.

VARIATION—Cottage cheese may be substituted for Neufchatel cheeses.

CUCUMBER DRESSING

1 large cucumber
½ cup sour cream
½ teaspoon salt
¼ teaspoon white pepper
¼ teaspoon pepper

METHOD—Slice cucumber, place in ice water for 10 to 15 minutes, drain and chop fine. Whip cream, add dry ingredients blended together; fold in chopped cucumber; chill and serve with fish or vegetable salad.

NOODLE FLOWERS

1 egg slightly beaten
½ teaspoon salt
½ cup grated cheese
Flour

METHOD—Beat egg slightly; add salt, cheese and enough flour to make a very stiff dough. Knead and roll as thin as possible, cut with a flower cutter and fasten three together at the center. Fry until delicately brown in deep fat. Drain on brown paper. Serve with salad.

FOR EVERY
BAKING
PURPOSE
GLOBE MILLS
GLOBE
"A1"
FLOUR
GLOBE MILLS
LOS ANGELES, SAN FRANCISCO
SACRAMENTO, COLTON, SAN DIEGO
OGDEN
AT ALL
GROCERS
GLOBE "A1" FLOUR

Breads

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CHAPTER XIV

YEAST BREADS

Bread should be baked in a 350 degrees F., oven. Loaf should not continue to rise in oven after 10 minutes, and for that reason care is taken not to allow crust to form too soon before heat has reached center of loaf. Bread that continues to rise too long in oven will be coarse grained. After bread completes rising in oven, reduce heat. It will require from 50 to 60 minutes for a loaf weighing a pound, to bake. To determine that bread is cooked thoroughly, you will find it easily removed from pan, as it shrinks, and should give off hollow sounds on being tapped with finger.

Rolls require more heat than loaves, (400 degrees F.), and should be baked 15 to 25 minutes, according to size. If very crusty bread is desired, brush over with milk or with white of egg. If tender crust is desired, brush with cream or butter before removing from oven. As much depends on manner of cooling bread as making and baking. Loaf should be immediately removed from pan and cooled on wire trivet. Free circulation of air is necessary to prevent bread from sweating and cooling unevenly. A tin cake or bread box, with a few perforations in end of box, is the best receptacle for keeping bread fresh and moist.

MILK BREAD (5 Hour Method)

2 cups milk
2 tablespoons fat
2 teaspoons salt
2 tablespoons sugar
1 cake yeast
¼ cup cold water
6 or 7 cups flour

METHOD—Scald milk and pour over fat, salt and sugar, and allow to cool to about 80 degrees. Soften yeast in cold milk, add to combination with enough flour to make a drop batter. Cover and let stand in warm place 1 hour; should rise and appear bubbly. Mix and beat thoroughly, add flour as long as you can mix it in with a spoon, then turn dough on to floured board and knead until it is smooth throughout, using no more flour than is necessary to get this result.

Oil a bowl, place dough in it; grease top and let rise

in about 85 degree temperature. When dough has doubled in bulk, knead again, form into two loaves and place in oiled baking pans. Let rise until dough again doubles its bulk; then bake 10 minutes or until crust is golden brown. Reduce heat to 350 degrees and bake 30 to 40 minutes longer. Take from oven, brush top quickly with cold water and allow to cool as quickly as possible.

VARIATION—Rolls: Form into rolls, place in oiled pans, brush with melted butter and allow to rise 25 to 35 minutes. Bake in oven 400 degrees F., reducing to 350 degrees F. Brush with melted butter when removing from oven for a soft crust.

VARIATION—Cinnamon Rolls: Remove all, or part of dough, to bread board; roll out about ½ inch thick, brush with butter, sprinkle with sugar, currants and cinnamon. Roll up as jelly roll. Carefully cut slices about 1 inch thick, brush with fat and place in well oiled pan and bake about 20 minutes at 400 to 450 degrees F. (Let rise 20 minutes in warm place before baking).

WHOLE WHEAT BREAD

1 yeast cake
3 tablespoons brown sugar
1½ cups lukewarm water
1½ cups milk, scalded and cooled
3 tablespoons melted shortening
5 cups whole wheat flour
2½ cups white flour
1 teaspoon salt

METHOD—Dissolve yeast and sugar in lukewarm liquid; add shortening and then the flour gradually, being sure to keep the dough soft. Place in a well oiled bowl, cover and set aside in a warm place to rise for 2 hours. When double in bulk, turn on kneading board. Mold into loaves; place in oiled pans; cover and set to rise again for about 1 hour, or until light. Bake 1 hour in oven 300 degrees F., (slower oven than for white bread.)

TEA ROLLS

1 cake compressed yeast
1 tablespoon sugar
½ cup milk, scalded and cooled
½ cup lukewarm water
2 tablespoons melted butter
3 cups sifted flour
½ teaspoon salt

METHOD—Dissolve yeast and sugar in lukewarm liquid. Add butter and half the flour. Beat until smooth,

add salt and remainder of flour, or enough to make a moderately firm dough. Knead thoroughly, roll out and shape as Parker House rolls. Place in well oiled, shallow baking pans; cover and set aside to rise in a warm place, free from draft, for about 2 hours. When light, bake in oven 400 degrees F., for 10 minutes.

EGG ROLLS (Best Ever)

1 cup mashed potatoes
½ cup sugar
2 eggs
1 cake yeast
2 teaspoons salt
1 cup tepid, potato water
2 tablespoons melted shortening
1 cup milk, scalded and cooled
About 7½ cups flour

METHOD—Put boiled potatoes through ricer, while warm add sugar, well beaten eggs, yeast, (dissolved in potato water), shortening and add milk and flour alternately. Set to rise in warm place. When sponge has risen twice its bulk, make into smooth dough, with about 1 quart flour, which has been sifted with salt. Knead lightly, set aside to rise again; when light roll out, cut with biscuit cutter, place in well oiled pans, and allow to rise again until double in size, which should take about 20 minutes. Bake in oven 400 degrees F.

SALLY LUNN TEA CAKES

3 tablespoons sugar
2 tablespoons shortening
1 cup scalded milk
1 yeast cake
¼ cup warm water
2 eggs
3¾ cups flour

METHOD—Cream sugar and shortening in bowl, add scalded milk, when lukewarm add yeast cake, dissolved in tepid water, eggs, well beaten separately, and enough flour to make a stiff batter. Cover and let rise until very light. Beat, fill oiled muffin pans half full, cover and let rise. Bake in oven 400 degrees F.

ENGLISH MUFFINS

¼ cup sugar
1½ teaspoons salt
1 cup scalded milk
1 cup tepid water
½ cake yeast
2 tablespoons shortening.
1 egg
4 cups flour

METHOD—Add sugar and salt to milk and water; when cooled add yeast and dissolve; add shortening, well beaten egg and flour. Beat thoroughly, cover and let

rise until light. Put oiled English muffin rings on a hot griddle, fill half full with raised muffin mixture, cook slowly until well risen and brown underneath. Turn muffin rings and brown other side. When muffins are cold, cut through center, toast and serve with marmalade

N.B. This makes excellent rolls baked in muffin tins.

GERMAN COFFEE CAKE

1 cake yeast
¾ cup tepid water
1½ cups flour
½ cup butter
⅓ cup sugar
2 eggs

METHOD—Dissolve yeast in tepid water, add flour, beat well and allow to rise to double in bulk, add butter, sugar, and eggs; beat well and add enough more flour to make a heavy drop batter. Pour into well oiled pans; such as pie or biscuit pans. Allow to rise double in bulk.

Before placing in oven sprinkle with a mixture of bread crumbs, butter, cinnamon and sugar: ½ cup crumbs, stirred in pan containing 1 tablespoon melted butter, 1 tablespoon sugar, and 1 teaspoon cinnamon if desired. When cake is baked it may be covered with a coating of confectioner's paste: I cup confectioner's sugar, 2 tablespoons boiling water, 1 teaspoon butter.

HOT CROSS BUNS

1 cake yeast
1 tablespoon sugar
1 cup milk (scalded and cooled)
1½ cups flour
¼ cup shortening
⅓ cup sugar
1 egg
½ teaspoon salt
1¼ cups flour
¼ cup raisins or currants

METHOD—Dissolve yeast and sugar in lukewarm milk. Add flour, to make a sponge. Beat until smooth; cover and let rise until light, in a warm place, about 1 hour. Add shortening and sugar creamed, well-beaten egg, raisins or currants, salt, and balance of flour or enough to make a soft dough. Turn on board and knead lightly. Place in oiled bowl. Cover and set aside in warm place until double in bulk, which should take about 2 hours. Shape with hands into medium sized round buns; place in well oiled pans about 2 inches apart. Cover and let rise again, about 1 hour. Glaze with egg diluted with water. With sharp knife cut a cross on top of each.

Bake 20 minutes in oven at 375 degrees F. Just before removing from oven, brush with sugar moistened with water. While hot fill cross with plain frosting.

FROSTING—Hot Cross Buns

4 teaspoons butter
1 cup sugar (confectioner's or powdered)
2 teaspoons cinnamon

METHOD—Cream butter; add sugar gradually. To last quarter cup sugar, add cinnamon before incorporating it in the mixture. When cake is baked make gashes in crust and fill with frosting, spreading the entire top as well.

BREAD STICKS

Take a bread dough; rusk is better and when light cut pieces from the side and roll under the hands to the length of pan and the thickness of a lead pencil. Let rise until light, bake in hot oven and when nearly done glaze with egg.

PHILADELPHIA COFFEE CAKE

1 yeast cake
¼ cup warm water
1 cup mashed potatoes
¾ cup potato water
1 cup sugar
½ teaspoon salt
½ cup shortening
3 eggs
4 cups flour

METHOD—Soften yeast cake in lukewarm water and add to potato, potato water and sugar. Let the sponge stand in a warm place until it is foamy on top (30 minutes to 1 hour); add salt, melted shortening, well beaten eggs and flour. Stir thoroughly until well mixed.

Let the dough rise in a warm place, 1 to 1½ hours, or over night in a cooler but protected place. Stir down lightly and pour into buttered pans, not more than 1 inch in depth. Let rise to not quite double its bulk and bake in a moderate oven (350 degrees F.) 30 to 40 minutes.

QUICK BREADS

Standardized Oven Tempertures, Farenheit

Slow Oven—
250 degrees—Custards, Meringues
300 degrees—Sponge Cake and Angel Food
Moderate oven—

350 degrees—with increasing temperature—plain Cake and Gingerbread
400 degrees—Bread with decreasing temperature
Cookies with decreasing temperature
Muffins with increasing temperature

Hot and quick oven—
400 degrees—Rolls and Popovers
450 degrees—Baking powder Biscuits

Very hot oven—
550 degrees—Plain and puff pastry with decreasing temperature

Tests for temperature—
Tissue paper browns at 460 degrees
Manila paper browns at 380 degrees
Bag paper browns at 360 degrees

FLOUR MIXTURES

MIXTURES OF FLOUR OR MEAL AND LIQUID are called batters or doughs, according to the quantity of liquid used.

BATTER is a mixture of flour and liquid thin enough to be beaten.

POUR BATTER is a thin batter—one measure of liquid to one measure of flour. Example: Griddle Cakes.

DROP BATTER is a thick batter—one measure liquid to two measures of flour. Example: Muffins.

DOUGH is a mixture of flour and liquid stiff enough to be handled on a board.

SOFT DOUGH—One measure of liquid to three measures of flour. Example: Baking Powder Biscuits.

STIFF DOUGH—One measure of liquid to four measures of flour. Example: Pastry.

The liquid ingredients include water, milk, molasses, egg, etc.

The dry ingredients include flour, meal, sugar, salt, spices, baking powder, etc.

The fats called "shortening" added to make the mixture tender, include butter, vegetable fats, drippings, suet, chicken fat, etc.

A mixture of flour and liquid alone would be hard and indigestible.

Batters and doughs are made "light" or porous by the

introduction of a gas which is expanded by the heat applied during the cooking.

The gasses that aid in making dough "light" or porous are air, steam and carbon dioxide.

Air may be introduced into the mixture directly, or may be first beaten into eggs and then added to the mixture.

GENERAL DIRECTIONS FOR BATTERS AND DOUGHS

Sift flour before measuring.

Put flour by spoonsful into the cup, do not press or shake down.

Mix and sift dry ingredients.

Measure dry and then liquid ingredients. Add the liquid to the dry ingredients.

Shortenings may be rubbed or chopped in while cold, or creamed; or it may be melted and then added to dry ingredients, or added after the liquid.

Two level teaspoons of baking powder to one cup of flour (muffins or biscuits).

If eggs are used, less baking powder will be required.

Baking powder mixtures should be handled as little as possible.

Baking powder mixtures require a hot oven.

In baking batters and doughs, the larger the quantity the lower the temperature must be that the heat may penetrate the interior, expand the gas and harden the albumen and gluten.

LEAVENING AGENTS

1. AIR. Angel, sponge and many other cakes depend entirely or in part for their lightness upon air beaten into the mixture or introduced with the beaten whites of eggs.

2. STEAM. Popovers and other preparations depend wholly or in part for their lightness upon steam. The moisture in the batter changes to steam and expands in the baking process.

3. CARBON DIOXIDE. The gas obtained from soda or from the growth of the yeast plant. Supplies leavening for quick breads and some cakes.

The gas generated in baking powders comes from the soda and is liberated by the action of the acid ingredi-

ents, which are classified as follows, and give their names to the different types of baking powders:

(a) Cream of Tartar—Obtained from grapes. Hence a pure cream of tartar baking powder adds to food the same healthful qualities that exist in ripe grapes.

(b) Phosphate.

(c) Alum.

The acid in baking powder acts readily upon the soda and gas forms rapidly, filling the batter with small bubbles. Heat causes the bubbles to become larger, the moisture is partially changed to steam and this lifts up the dough or batter, then the heat hardens the walls of the bubbles and keeps them from breaking.

Sour milk and molasses will also liberate carbonic acid gas from soda. Sour milk is not a standardized product, and with its use the housewife finds the quality of her foods constantly varying as it is impossible to specify the exact amount of soda required because of the lack of knowledge as to the acid quality of the sour milk. When sour milk is not sufficiently acid, there is left in the mixture soda.

Yeast is a microscopic plant, which grows under suitable conditions of heat and moisture in the dough, changing some of the starch of the flour to alcohol and carbon dioxide, the latter acting as a leavening agent.

DIRECTIONS FOR COOKING GRIDDLE CAKES

If the griddle is to be oiled, use a little vegetable fat, apply with a griddle oiler brush.

The griddle itself should be barely smoking hot; the best way to test it is to pour out a little of the batter and cook a sample.

If an unoiled griddle is used, absolutely no fat should ever be put on the griddle. Before putting any cakes upon it, rub it over with a small bag of table salt, this slight cleansing process should be used occasionally between the bakings. If unoiled griddle is used, more fat should be put in batter.

FLANNEL CAKES

2½ cups flour
1 teaspoon salt
4 teaspoons baking powder
2 tablespoons oil
2 eggs
¾ cup milk

METHOD—Sift dry ingredients together and add 1 tablespoon cornmeal if desired. Beat well yolks and whites separately. To the yolks add sweet milk, add to dry ingredients. Add oil, fold in beaten whites of eggs. Do not bake at too high temperature or cakes will be tough.

CORNMEAL GRIDDLE CAKES

1 cup cornmeal
1 cup boiling water
½ teaspoon salt
1 teaspoon sugar
1 tablespoon shortening
1 egg
2 tablespoons white flour
2 teaspoons baking powder
Milk to make thin batter

METHOD—Scald cornmeal with boiling water, add salt, sugar, flour, beaten egg, milk and melted shortening. Beat well, add baking powder and bake in a well oiled griddle pan.

WAFFLES

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
2 tablespoons white corn meal
1 teaspoon sugar
2 eggs
6 tablespoons oil or melted butter
1½ cups milk

METHOD—Mix and sift flour, baking powder, salt, cornmeal and sugar, to well beaten egg yolks, add milk and melted shortening. Mix with dry ingredients and lastly, fold in egg whites, beaten stiffly. Pour into waffle iron and bake until golden brown.

VARIATIONS—(1) The addition of ½ cup bacon, cut in very thin, crosswise, strips, make a delicious bacon waffle.

(2) One cup grated corn and the reduction of milk by ¼ cup gives a delicious green corn waffle.

(3) ⅔ cup shredded pineapple, drained, may be added if liked.

(4) ¼ cup lima bean flour may be substituted for ¼ cup flour for those suffering from acidosis.

WAFFLES (Very Delicate)

1½ cups flour
2 teaspoons baking powder
3 tablespoons melted butter or fat
¼ cup cornstarch
1 cup rich milk
2 beaten eggs
½ teaspoon salt

METHOD—Sift dry ingredients together, beat eggs, add milk, and beat in flour. Add butter. Cook in hot

greased irons and serve. Electric waffle iron requires no greasing or turning.

VARIATION—One cup of rice and bacon may be added as above.

HOT BARS

3 cups flour
⅔ teaspoon salt
6 teaspoons baking powder
3 tablespoons butter
2 tablespoons shortening
1 cup milk
2 tablespoons soft butter
2 tablespoons cream

METHOD—Sift together, flour, salt and baking powder. Cut in butter and shortening. Slowly add milk. When soft dough forms, pat it out to ¼-inch. Divide in halves. One-half spread with soft butter and cream. Top with other half, pressing to keep it in place. Cut bars ⅔-in wide and 2 inches long. Place 1 inch apart on baking sheet. Bake 12 minutes in oven 450 degrees F. If dough is too stiff, add a little more milk. These are delicious to serve with soup, main course or salad.

POPOVERS

2 eggs
1 cup flour
1 cup milk
¼ teaspoon butter
¼ teaspoon salt

METHOD—Using a light Dover egg beater, beat the unseparated eggs until very light. Add alternately (a little at a time) the sifted flour, salt and milk. Continue to beat vigorously with the egg beater for 2 minutes. Put ¼ teaspoon melted butter in each hot cup of gem pan, pour each ⅔ full and bake about 40 minutes in a hot oven (450 degrees F., reducing to 350 degrees F.).

Crisp brown hollow popovers which will not collapse, will be the result.

Essential to success are iron gem pans, if possible (these insure a more crisp popover and less dough in the interior), a very hot oven and a very thin batter. If the popovers are left in the oven for 35 or 40 minutes there is no danger of their falling.

PLAIN MUFFINS

2 tablespoons sugar
2 cups flour
2 teaspoons baking powder
½ teaspoon salt
1 egg
2 tablespoons oil
1 cup milk

METHOD—Sift dry ingredients, beat egg, add milk and oil and combine mixtures. Heat muffin tins, oil well and fill ⅔ full with batter. Place in hot oven, 400 degrees F., when muffin rises well, reduce heat to 350 degrees to prevent too deep a brown. Time, from 12 to 25 minutes, according to size of muffin.

POTATO MUFFIN

1 egg yolk
1 teaspoon sugar
¾ teaspoon salt
½ cup mashed potatoes
1½ cups flour
3 teaspoons baking powder
½ cup milk
1 egg white

METHOD—Add yolk of egg, sugar and salt, to mashed potatoes. Sift together flour and baking powder; gradually combine the two mixtures, alternating with milk.

Beat well and fold in melted shortening and egg whites. Bake in oiled muffin-pan for 25 minutes (450 degrees F.).

BRAN MUFFINS (Health Muffins)

1 cup flour
1 teaspoon baking powder
½ teaspoon soda
1 teaspoon salt
2 cups bran
1¼ cups milk
½ cup molasses
1 tablespoon oil

METHOD—Sift together flour, baking powder, soda and salt. Add bran, milk, molasses and oil. Bake in well-oiled muffin tins at 350 degrees for about 12 minutes.

VARIATIONS—(1) Two tablespoons Blue Ribbon Malt may be added to this with good results.

(2) One egg may be added if liked.

(3) Three-fourths cup dates, stoned and cut, may be added.

ALL BRAN MUFFINS

1 cup all bran
1 cup white flour
3 teaspoons baking powder
½ teaspoon salt
2 tablespoons sugar or molasses
1¼ cups milk
1 egg
2 tablespoons oil

METHOD—Mix and sift dry ingredients, add milk gradually, egg, well beaten and melted fat. Bake in hot gem pans (preferably iron) from 20 to 25 minutes (400 degrees F.).

VARIATION — Add to the above ¼ pound dates

or ½ cup chopped prunes and ¼ cup chopped seeded raisins.

TWIN MOUNTAIN MUFFINS

¼ cup butter
¼ cup sugar
1 egg
¾ cup milk
4 teaspoons baking powder
2 cups flour

METHOD—Cream butter; add sugar and egg, well beaten; sift baking powder with flour and add to first mixture, alternating with milk. Bake in gem pans 25 minutes, 350 degrees F.

VARIATIONS—More sugar and egg may be added to this, producing a cup cake. Green corn, nuts, chopped cheese or fruits may be added.

CORN MEAL MUFFINS

2 cups boiling water
2 cups corn meal
¾ teaspoon salt
¾ cup milk
2 eggs, 4 tablespoons oil
2½ teaspoons baking powder

METHOD—Pour boiling water over corn meal, stir well to prevent lumping. Add salt, shortening, milk, beaten eggs and baking powder. Pour into well oiled baking pans, or gem pans and bake in oven 400 degrees F., until nicely browned on top.

N.B. Corn cob pans of cast iron or aluminum are nice to use.

SALLY LUNN

2 cups flour
3 teaspoons baking powder
1 teaspoon salt
4 tablespoons sugar
½ cup milk
2 eggs
4 tablespoons butter

METHOD—Sift together flour, baking powder, salt and sugar. Add milk and well beaten egg yolks; add shortening and fold in stiffly beaten egg whites. Mix well and put in shallow oiled pan. Bake 10 to 20 minutes at 400 degrees F.

VARIATION—May be baked in muffin tins.

NUT LOAF (For Luncheons)

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
¼ cup sugar
½ cup walnut meats
2 teaspoons mixed spice
1 cup milk
1 egg
4 tablespoons oil
½ cup fruit if desired

METHOD—Sift dry ingredients; add nuts. Beat egg

well, add milk and oil. Combine mixtures, beat well and pour into oiled, floured pan. Put in moderate over until well risen, (300-350 degrees F.), increase heat (400 degrees F.), and bake slowly. 45 minutes required.

VARIATION—1 tablespoon grated rind may be added, or ½ cup crystalized orange peel.

BAKING POWDER BISCUIT

2 cups bread flour
1 teaspoon salt
4 teaspoons Royal Baking Powder
1 teaspoon sugar, if desired
4 tablespoons shortening
⅔ cup milk

METHOD—Sift together flour, salt, baking powder and sugar. Cut in shortening with two silver knives, or pinch in lightly with tips of fingers, making sure that it is not too thoroughly combined, as cutting in makes a flaky biscuit, while thoroughly combining the shortening will give a texture like cake. Add liquid to dry ingredients, stir with spoon enough to thoroughly combine dough. Place dough on a well-floured board, knead with hands long enough to make the dough smooth, lifting from the edge to the center, pat and roll to desired thickness. Cut with a small cutter, place on baking sheet in such manner that every biscuit is separated, thus insuring a crust. Brush melted butter over the top of biscuits. Bake at 450 degrees F., on rack two inches from floor of oven, for from 8 to 20 minutes, depending on size and thickness of biscuits.

VARIATIONS—(1) Pecan Roll: Roll dough out ¼ inch thick. Spread with butter, sprinkle with cinnamon, roll as jelly roll. Cut in pieces ¾ inch thick. Make a syrup of 2 tablespoons softened butter, ½ cup brown sugar, ½ teaspoon cinnamon, and place with 1 cup pecans in bottom of baking pan. Place rolls in syrup, cut side down and allow to stand about 20 minutes. Bake in oven 400 degrees F. about 25 minutes. Serve hot or cold.

(2) Sprinkle with fruit, 2 tablespoons sugar and cinnamon. Roll like a jelly roll, cut off pieces ¾ inch thick. Place in oiled pan and bake 15 minutes at 450 degrees F.

(3) Cut off pieces of dough as large as a rounding tablespoon. Pat and roll it out nearly the size of a

waffle iron. Bake in waffle iron and cut in squares. Butter and sprinkle with powdered sugar or cinnamon toast mixture, and serve for tea.

DIXIE BISCUITS

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
1 teaspoon sugar
3 tablespoons shortening
1 egg
½ cup milk

METHOD—Sift together dry ingredients. Rub in shortening lightly; beat egg and add to milk; combine. Roll out ½ inch in thickness and cut with biscuit cutter. Brush over with milk and bake in oven at 450 degrees F.

BRAN BISCUITS

½ cup all bran
1½ cups flour
3 teaspoons baking powder
2 tablespoons softened peanut butter
¾ teaspoon salt
3 tablespoons sugar
½ cup water

METHOD—Mix thoroughly, bran, flour, baking powder, salt, sugar and add enough water to make a soft dough. Add peanut butter and roll on floured board about ¼-inch thick. Cut with biscuit cutter. Bake in a hot oven 12 to 15 minutes.

CORNMEAL BISCUITS

⅝ cup bread flour
Cornmeal
¼ teaspoon salt
3 teaspoons baking powder
½ tablespoon sugar
1 tablespoon shortening
½ cup milk

METHOD—Measure flour, fill cup with cornmeal. Sift together, flour, meal, baking powder, salt and sugar. Cut in shortening, add milk, knead and roll ¼-inch thick. Cut and shape like Parker House rolls; bake 15 minutes in oven at 450 degrees F.

SOUR MILK BISCUITS

2 cups bread flour
1 teaspoon salt
½ teaspoon soda
2 teaspoons baking powder
3 tablespoons shortening
¾ cup sour milk

METHOD—Sift dry ingredients, cut in shortening and add liquid. Knead lightly until smooth and roll to ½-inch thickness. Bake in oven at 400 degrees F., about 12 minutes.

BEATEN BISCUITS

2 cups flour
1 teaspoon salt
2 tablespoons shortening
1 teaspoon sugar
¼ cup milk
¼ cup water

METHOD—Sift together flour and salt. Cut shortening with a knife or work in lightly with fingers. Mix sugar, milk and water together. Chill and add to dry ingredients. Should be cold. Mix into a smooth elastic dough; place on a floured board. Beat into a thin sheet with a triangular biscuit beater. Sprinkle over with pastry flour. Roll up like a jelly roll and continue the beating in the same way until dough is smooth and velvety and blisters when rolled out.

Roll to ⅛-inch in thickness and cut into small discuits, prick the centers and set in refrigerator for an hour before baking. Bake in a moderate oven (350 degrees F.), turn off heat when biscuits are golden brown and allow to stand in cooling oven 10 minutes to dry out. The biscuits are similar to a cracker.

LIGHT BISCUITS

2 cups bread flour
1 teaspoon salt
1 teaspoon sugar
4 teaspoons baking powder
4 tablespoons oil
⅔ cup milk

METHOD—Sift together dry ingredients. Combine oil and milk. When ready to bake, combine these mixtures, stir well and when dough leaves sides of pan, take out on floured board, knead lightly until smooth and elastic. Cut with biscuit cutter. Place in well oiled pan, with biscuits close together so that they will rise and not spread. Brush over the top with oil. Bake in oven 450 degrees for about 12 minutes.

PULLY BISCUITS

2 cups bread flour
4 teaspoons baking powder
1 teaspoon salt
¾ cup milk
4 tablespoons shortening

METHOD—Sift together flour, baking powder and salt; add milk and knead until smooth. Roll out on floured board to about ¼-inch thickness. Cut with biscuit cutter. Melt shortening in baking pan and put in the biscuits, leaving some space between them, and being sure top and sides have been slightly greased. Bake 10 or 12 minutes in oven at 350 degrees F. These bis-

cuits are not greasy, and the center will be found slightly tough, which is characteristic of French breads.

CHEESE BISCUITS

2 cups bread flour
4 teaspoons baking powder
⅔ cup milk
Few grains paprika
2 tablespoons shortening
2 tablespoons cheese
½ teaspoon salt

METHOD—Sift flour, baking powder, salt and paprika; rub in shortening, add cheese. Slowly add cold milk and stir until mixture leaves bowl.

Toss the dough on a floured board, handle as little as possible and roll out to ½-inch thickness. Cut in biscuits and bake for 15 minutes in a quick oven (450 degrees F.)

ORANGE BISCUITS

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
Orange sections
3 tablespoons shortening
⅔ cup milk
1 tablespoon grated orange rind

METHOD—Mix and sift dry ingredients. Cut in shortening and add milk slowly, mixing quickly and lightly. Add orange rind. Roll out on board to ½-inch thickness. Cut in rounds. Brush over with butter, set one orange section dipped in powdered sugar in center of each round and fold like pocketbook roll. Bake in oven at 450 degrees F., about 12 minutes. Remove and cover with orange sauce.

ORANGE SAUCE, 1

2 cups powdered sugar
6 tablespoons orange juice
2 tablespoons grated orange rind
1 tablespoon butter

METHOD—Cream ingredients together thoroughly and pour over rolls.

ORANGE SAUCE, 2

1/3 cup orange juice
1½ cups powdered sugar
1 tablespoon butter

METHOD—Cook together orange juice, sugar and butter until thick syrup. Pour over biscuits and return to oven and finish baking.

WHOLE WHEAT MALT BISCUITS

1½ cups whole wheat flour
½ cup bread flour
1 teaspoon salt
4 teaspoons baking powder
1 teaspoon malt
4 tablespoons melted shortening
¾ cup milk

METHOD—Stir together flour, salt and baking powder. Mix together the oil, malt and milk, add to dry ingredients and mix to form a soft dough. Knead until smooth and roll out to desired thickness, ¼-inch, and bake in 450 degree F. oven for about 15 minutes.

BOSTON BROWN BREAD

1½ cups graham flour
1½ cups cornmeal
1 teaspoon salt
1½ teaspoons soda
¾ cup molasses
1½ cups thick sour milk
2 tablespoons oil

METHOD—Sift dry ingredients through a coarse sieve or stir together, add molasses, sour milk and oil. Beat well and turn into a buttered mold, filling only ⅔ full. (Two-thirds cup pecans and a few raisins may be added while filling mold). Cover and steam for three hours.

Baking powder cans will be found convenient molds. Two hours steaming for these small molds will be sufficient and they will cut into dainty sandwich shapes when baked. Use heavy cooker, electric cooker, or kettle on top of stove as desired for steaming.

CHEESE DROPS
(Delicious for Salad Course)

¼ cup flour
1 egg
½ teaspoon salt
2 tablespoons finely grated cheese
½ teaspoon baking powder
1 tablespoon shortening
Cold milk to make batter

METHOD—Sift flour salt, baking powder; cut in the shortening and wet to drop batter with cold milk. Beat in cheese and drop from tip of spoon onto a greased baking sheet. Bake in an oven 400 degrees F.

CHEESE STRAWS

1 cup flour
1 tablespoon shortening (melted)
1 cup grated cheese
Salt and cayenne to taste
½ teaspoon baking powder
1 egg yolk

METHOD—Mix flour, baking powder, cheese, salt and cayenne together. Moisten with beaten yolks and melted shortening. Work into a paste. Chill on ice, roll out in a thin sheet; cut in strips 4 inches long and ⅛-inch wide. Bake a light brown in hot oven. Little rings can be made of the strips. Bake them, then pass the other through them like straws. Strips may be plaited and baked.

ORANGE TEA ROLLS

1 teaspoon salt
¼ cup lukewarm water
2 tablespoons sugar
1 cup milk, scalded and cooled
1 cup bread flour
1 cake compressed yeast
2 tablespoons melted butter
1 orange, juice and rind
Flour
Orange sections

METHOD—Soak yeast in lukewarm water. Make a sponge of the sugar, milk and bread flour. Add the softened yeast, beat well. Set in a warm place until light, then beat well and add salt, melted butter and grated rind, juice of orange, enough flour to make a dough stiff enough to knead (about 2 cups). Knead well, roll out ½-inch thick, cut in round biscuits and brush with melted butter. Press a section of orange dipped in powdered sugar into the dough at one side, fold over the half, brush with melted butter. Let rise and bake in 400 degree oven about 15 minutes. Reduce heat to 350 degrees F. for 10 minutes. Remove from oven and cover with orange sauce.

ORANGE SAUCE

2 cups powdered sugar
6 tablespoons orange juice
2 tablespoons grated orange rind

METHOD—Cream ingredients thoroughly and pour over rolls.

2

COFFEE CAKE

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
1 tablespoon sugar
4 tablespoons melted butter
1 egg
⅔ cup milk

METHOD—Sift together flour, baking powder, salt and sugar. Beat egg, add melted butter and milk together. Combine two mixtures to make soft dough.

Spread ½-inch thick in oiled pan; add top mixture. Bake about 30 minutes in oven 400 degrees F.

TOP MIXTURE

3 tablespoons bread crumbs
½ tablespoon cinnamon
3 tablespoons sugar
3 tablespoons butter

METHOD—Mix crumbs, cinnamon and sugar together. Rub in butter and spread thickly over top of dough before baking.

APPLE JELLY CAKE

2 cups flour
3 tablespoons sugar
3 teaspoons baking powder
½ teaspoon salt
2 eggs
1 cup milk
4 tablespoons melted butter
4 medium sized apples
2 cups melted apple jelly

METHOD—Mix and sift flour, sugar, baking powder and salt. Add well-beaten eggs, milk and shortening. Pour into an oiled baking pan and arrange slices of apples over the top. Bake in a 400-degree F. oven until mixture is risen (about 20 minutes). Remove from oven, pour apple jelly over the top (apples will not cook unless moisture is added.) Replace in oven and leave about 15 minutes at 300 degrees F.

Cookies, Small Cakes

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CHAPTER XV

SUGAR COOKIES

½ cup butter
1 cup sugar
2 eggs beaten
3 tablespoons milk
2 cups flour
3 teaspoons baking powder
¼ teaspoon salt
½ teaspoon grated nutmeg

METHOD—Cream butter, add sugar gradually, add well beaten eggs, milk, and the flour sifted with the baking powder, salt and nutmeg. Add flour to make a stiff dough. Place small portion of dough on a well-floured board, pat and roll to ⅛ inch thickness. Cut, place on a buttered baking tin, and bake in oven at 300 degrees F., until light brown. This may require more flour for the board.

VARIATIONS

Vanilla Cookies—Substitute 1 teaspoon vanilla for the nutmeg.

Chocolate Cookies—Add 3 tablespoons grated chocolate or cocoa.

Cocoanut Cookies—Add ½ cup shredded cocoanut to dry ingredients. Roll ¼ inch thick.

YELLOW SUGAR COOKIES

1 cup shortening
2 cups sugar
9 egg yolks
3 tablespoons milk
3 cups flour
½ teaspoon salt
1 teaspoon soda
½ teaspoon nutmeg
1 teaspoon vanilla

METHOD—Cream shortening and sugar well and add well-beaten egg yolks and milk. Add flour, salt, soda and nutmeg sifted together. Add vanilla and enough more flour to make a soft dough. Roll out thin, cut in fancy shapes, sprinkle with sugar or raisins. Bake at 350 degrees F., until a golden brown.

FRENCH PASTRY

2 cups flour
4 tablespoons sugar
½ teaspoon salt
¼ pound butter
4 egg yolks
1 tablespoon grated lemon peel (½ lemon)

METHOD—Sift together flour, sugar and salt. Cut in butter and lemon rind, then add slightly beaten egg yolks. One or 2 tablespoons ice water may be needed.

Set on ice to chill. Roll about ⅛-inch thick, glaze top with beaten egg white and sprinkle with sugar, chopped nuts, or crystallized fruits. Bake in moderate oven after cutting into desired shapes.

This is excellent as a French pastry and also as a shell for the French lemon, French apple or cheese pies.

SMALL SONVAROFF COOKIES

¾ cup shortening
2 cups flour
2 tablespoons grated orange or lemon rind
2 egg yolks
½ cup sugar

METHOD—Cream shortening, adding sugar gradually. Add egg yolks beaten until thick, grated rind of lemons or oranges and flour. Knead until smooth and roll out in thin sheet. Cut in small shapes and bake. Put together with jelly between.

It is very attractive to cut the shapes into hearts, diamonds, clubs and spades and cover the hearts and diamonds with a very thin icing made of 3 tablespoons boiling water mixed with confectioner's sugar and flavored with raspberry extract and colored red, and to cover the spades and clubs with melted sweet chocolate.

GINGERSNAPS

1 cup molasses
1 teaspoon soda
½ cup butter
1 tablespoon ginger
3¼ cups flour
1¾ teaspoons salt

METHOD—Heat molasses to boiling point. Pour over butter and dry ingredients which have been sifted together. Mix; chill thoroughly. Toss ¼ mixture on a floured board and roll as thin as possible; shape with small, round cutter, first dipped in flour. Place close together on a greased sheet and bake in oven 350 degrees F. for 12 minutes.

GINGERBREAD MEN

1½ cups flour
1 teaspoon baking powder
¼ cup sour milk
½ teaspoon salt
1 cup brown sugar
¼ teaspoon soda
¼ cup butter or shortening
2 teaspoons ginger
½ cup molasses

METHOD—Sift together flour, baking powder, salt, soda and ginger. Cream together sugar, butter, molasses

and sour milk; mix well. Combine and toss on slightly floured board, roll to ⅛ inch in thickness, cut out with cutter in form of man. Bake in moderate oven (350 degrees F.) 15 to 20 minutes. Decorate face with nuts, raisins and the hair and clothes with butter icing.

COCOANUT WAFERS

2 tablespoons shortening
¼ cup sugar
1 egg
1 cup cocoanut (canned)
½ cup flour
1 teaspoon baking powder
1 teaspoon salt

METHOD—Cream shortening and sugar. Add well-beaten egg and cocoanut. Lastly, add flour, baking powder and salt, sifted together. Chill for several hours in ice box, and shape into small balls; press out on cookie pan. Bake at 350 degrees F., for 6 minutes or until delicately browned.

ICEBOX COOKIES

2 cups butter or substitute
1 cup white sugar
1 cup brown sugar
3 eggs
1 teaspoon vanilla
6 cups flour
1 teaspoon soda
½ teaspoon salt
1 teaspoon pastry spice
1 cup nut meats

METHOD—Cream shortening, add sugar, then well beaten eggs and vanilla. Sift together and add flour, soda, salt and pastry spice; knead well. Add nuts, knead and shape into rolls about 2 inches in diameter; put in icebox to become solid, at least 4 hours. Slice thin and bake in oven at 400 degrees F., for 7 minutes or until a golden brown. This will keep in the icebox unbaked for several days, so fresh cookies may be baked as desired.

CHOCOLATE ICEBOX COOKIES

2 squares chocolate, melted
½ cup shortening
1½ cups white sugar
1 egg
¼ cup milk
2½ cups flour
½ teaspoon salt
2 teaspoons baking powder
1 teaspoon vanilla
1 cup nuts, chopped fine

METHOD—Cream shortening and sugar and add well-beaten egg, melted chocolate and milk. Then add flour, salt and baking powder which have been sifted together. Add vanilla and nuts. Shape into rolls two

inches in diameter and place in refrigerator 6 hours. Slice thin; bake at 375 degrees F. for 6 minutes.

FILLED COOKIES

1 cup granulated sugar
½ cup butter
2 eggs
2 tablespoons cream
2½ cups flour
2 teaspoons baking powder
½ teaspoon salt
1/3 teaspoon nutmeg

METHOD—Cream together butter, sugar, eggs and cream in the order given. Sift flour, baking powder, salt and spice together and add to first mixture. Enough more flour to make a soft dough . Chill thoroughly and roll thin. Cut with large cutter; spread ½ the cookies with filling or jam. Wet the edges of the lower cookie lightly with water and place the top half on, pressing the edge to hold. Bake in oven 375 degrees F., until the cake sets, then reduce to 300 to brown. Requires about 15 minutes.

SAND TARTS

1 cup ground almond meats
3 tablespoons powdered sugar
2 cups sifted bread flour
1 cup butter
¼ teaspoon salt
1 teaspoon vanilla

METHOD—Soften butter, add ingredients in order named, mixing thoroughly. Shape with hands in forms of rings and crescents. Bake slowly at 300 degrees F., until a golden brown.

SPICE RING COOKIES

2/3 cup shortening
1½ cups dark brown sugar
2 teaspoons cinnamon
1 teaspoon cloves
½ teaspoon salt
1 teaspoon vanilla
2 eggs
3 tablespoons sour cream
2½ cups flour
½ teaspoon soda

METHOD—Cream shortening andsugar. Add spices, salt, vanilla, eggs and cream; beat for 2 minutes. Add flour and soda and mix into a ball. Chill for 3 hours. Roll out very thin on a floured board and cut out with doughnut cutter. Place 3 inches apart on oiled baking sheets and bake in moderate oven for 10 minutes.

HERMITS

1 cup butter
1½ cups brown sugar
½ teaspoon cloves
½ teaspoon allspice

3 eggs
1 teaspoon soda
1/3 cup hot water
2 cups flour
1 teaspoon cinnamon
½ teaspoon nutmeg
1 teaspoon salt
2 cups chopped walnut meats
1 cup chopped seedless raisins

METHOD—Cream butter, add sugar, eggs, well beaten, soda dissolved in hot water, flour sifted with spices and salt, nuts and raisins. Drop from spoon on greased pan and bake in moderate oven.

BROWNIES

1 cup sugar
6 tablespoons butter
2 eggs
2 squares chocolate
1 tablespoon boiling water
½ cup flour
1/3 teaspoon salt
1 cup chopped walnuts
1 teaspoon vanilla

METHOD—Cream sugar and shortening; add beaten eggs. Shave chocolate and stir to a smooth paste with boiling water and add. Sift flour and salt together and add, then nuts and vanilla. Spread thin in square pan. Bake in slow oven, 275 degrees F., about 25 minutes. Cut in strips and dust with powdered sugar.

MACAROONS

⅔ cup powdered sugar
¼ pound almond paste or ground almonds
2 egg whites
⅛ teaspoon salt

METHOD—Work sugar into almond paste or ground almonds, then gradually add egg whites which have been beaten until stiff. Add the salt. Work until perfectly smooth, drop mixture from tip of spoon, or pass it through pastry bag and tube on to a baking pan covered with waxed paper, and bake in slow oven—about 325 degrees F., for from 20 to 30 minutes. After baking, turn paper with macaroons upside down on a board, moisten the paper, and the little cakes can readily be removed to a wire cooling tray.

WALNUT FINGERS

4 eggs
2 cups brown sugar
1 cup flour
1 teaspoon baking powder
¼ teaspoon salt
1 cup nuts
1 teaspoon vanilla extract

METHOD—Beat eggs and add sugar. Sift together

flour, baking powder and salt and add. Then add nuts and extract; pour into a large square pan and bake 45 minutes at 350 degrees F. Cut in strips, finger length.

CHOCOLATE DROP COOKIES

½ cup shortening
1 cup brown sugar
2 eggs
½ cup sour milk
1½ cups flour
½ teaspoon soda
¼ teaspoon salt
1 teaspoon baking powder
4 tablespoons ground chocolate
1 teaspoon vanilla
½ cup nut meats

METHOD—Cream shortening and sugar and add well beaten eggs and milk. Sift together and add flour, soda, salt, baking powder and chocolate. Add vanilla and nuts; drop from a teaspoon on oiled and floured tin. Bake at 350 degrees for 7 minutes.

OATMEAL COOKIES

½ cup shortening
1 cup brown sugar
2 eggs
½ cup jam or thick preserves
1 tablespoon lemon juice
1 tablespoon mixed spices
½ teaspoon baking powder
1 teaspoon salt
1 cup rolled oats (steamed for 5 minutes)
1 cup raisins
½ cup nut meats
2 cups bread flour

METHOD—Cream shortening and sugar; add eggs, beating well after the addition of each. Add jam, lemon juice, spices, raisins, nuts, and steamed oats and let chill for an hour or more. Sift flour, baking powder and salt together; work in with fingers. Drop on buttered sheet and bake in oven 300 degrees F. about 30 minutes.

LACE COOKIES

2 cups sifted flour
¼ teaspoon soda
¼ teaspoon salt
1 cup sugar
1 cup butter
½ cup milk
1 cup New Orleans molasses

METHOD—Melt sugar, butter and molasses together and boil 1 minute. Add milk. Sift together flour, soda and salt, and beat well. Dip teaspoon in mixture and spread very thin on oiled cookie sheet. Bake in hot oven, 450 degrees F., not more than 4 minutes. Remove immediately with a spatula.

The wafers bubble, the bubbles burst and give a lacy

cookie as thin as paper. The batter will keep several days in the ice box and cookies should be baked as needed. Lovely for afternoon teas.

CUP CAKES

½ cup butter
1 cup sugar
2 egg yolks
½ cup milk
2 egg whites
¾ teaspoon flavoring
1½ cups pastry flour
1½ teaspoons baking powder
¼ teaspoon salt

METHOD—Beat shortening and sugar to a cream, add yolks of eggs, well beaten, milk, flavoring and flour, sifted with baking powder and salt. Fold in gently egg whites, stiffly beaten. Bake in hot oven, 375 degrees F., in well-oiled cup-cake or fancy pans, about 12 minutes.

VARIATIONS

Raisin Cup Cakes—Add ½ cup seeded halved raisins.

Nut Cup Cakes—Add ½ cup coarsely chopped nut meats.

Currant Nut Cup Cakes—Add 1/3 cup currants and 1/3 cup coarsely cut nut meats.

Cocoanut Cup Cakes—Add ½ cup shredded cocoanut.

Orange Cup Cakes—Add grated rind of 1 medium-sized orange.

Jelly-Filled Cup Cakes—Put 1 spoon of batter in each pan, then a teaspoon jelly or jam, and cover this with another spoon of batter. Bake.

Chocolate Marble Cup Cakes—To 1/3 cake batter add 1 tablespoon melted chocolate. Place 1 tablespoon plain batter in each pan, then a little chocolate-flavored batter, and cover this with plain batter.

SNOWBALLS

1 cup pastry flour, sifted
½ teaspoon cream of tartar
5 drops almond flavoring
6 egg whites
¾ cup sugar, sifted

METHOD—Beat egg whites stiff and add sugar, continue beating until thick, then fold in flour sifted with cream of tartar; add flavoring. Drop large spoonsful in small molds and bake in slow oven; cool before taking from rings. Cover with a cooked icing and roll all sides in shredded cocoanut.

STEAMED CHOCOLATE BALLS

¼ cup milk
1 teaspoon vanilla extract
1½ cups flour
2 teaspoons baking powder
½ teaspoon salt
1/3 cup melted butter
3 eggs
1 cup sugar
2 squares chocolate

METHOD—Beat eggs and add gradually sugar, beating well to dissolve the sugar; add in order named, the melted shortening, melted chocolate, milk and extract; beat until smooth and add the flour, baking powder and salt, sifted together. Bake in oiled and floured muffin tins, placed in pan of water and steam in hot oven 20 minutes. Serve hot with hard sauce or marshmallow sauce or cool and ice.

LEMON QUEENS

1 cup sugar
½ cup shortening
1½ tablespoons lemon juice
1 teaspoon grated lemond rind
4 eggs
1¾ cups flour
¼ teaspoon salt
¼ teaspoon soda

METHOD—Cream sugar and shortening; add lemon juice, rind and egg yolks. Sift together flour and soda and add to first mixture, alternating with stiffly beaten egg whites. Bake in muffin tins or in paper drinking cups 20 minutes in an oven 350 degrees F. When cold, remove from pans, ice with powdered sugar icing and sprinkle with chopped nuts or cocoanut. These little cakes may be hollowed out and the centers filled with custard or gelatine mixture and put in icebox until ready to serve. Garnish with whipped cream.

MARGUERITES

1 cup sugar
¼ cup water
2 egg whites
1 pinch cream of tartar

METHOD—Boil sugar and water until it spins a thread. Beat whites of eggs stiff with cream of tartar added. Pour syrup slowly over eggs, beating constantly. When stiff, spread on round or shaped wafers or crackers. Sprinkle nuts or fruit on top and place in moderate oven until slightly browned. This may be used as sandwich spread between Nabisco crackers or lady fingers.

PARTICULAR HOUSEWIVES

use only

Royal Baking Powder

BECAUSE—

It is made with cream of tartar, a product of ripe grapes

It is pure and wholesome

It is uniform in quality

It is reliable, always giving uniform results

It has been recommended by good cooks for over fifty years

It is endorsed by doctors, nurses and dietitians

It will insure perfect baking every time. When baking powder is called for in recipes in this cook book, use ROYAL and have superior results in flavor, tenderness and delicate texture.

Any one can bake

with

ROYAL BAKING POWDER

Cakes

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CHAPTER XVI

CAKE

For a fine grained, well-flavored, light cake, a few points must be rigidly observed.

First—A standard recipe. It is much better to have a few good recipes—one for each sort of cake, than to have a large number of recipes.

Second—Standard measurements: A measuring cup of tin, glass or aluminum, marked into one-fourths and one-thirds; a regulation teaspoon, the contents to be levelled off with knife, this to be cut in half, lengthwise, for the half teaspoon, and the half cut crosswise in two for the one-fourth, this in turn to be cut in two, diagonally, for the one-eight, and so continued to the smallest fractional part.

Third—Best material. Use only good pastry flour, sifted twice before being measured, cream of tartar baking powder, fresh eggs, butter, or vegetable shortening, very fine granulated sugar, extracts or fruit juices, spices, etc. Butter for cakes containing yolks of eggs or chocolate, is desirable. For delicate cake, vegetable shortening is preferred. Fruit juices, such as canned pineapple, strained orange juice or maraschino cherry juice is recommended for fruit and spice cakes.

Fourth—Utensils. A porcelain, glass or earthenware bowl of a cup shape with no sharp corners for holding batter or dough. Rotary egg-beater for beating whites of eggs, or strong whip for beating whites and folding same into batter. Short-handled, strong, metal spoon with large perforations in the bowl, or wooden spoon with slits. Layer pans of tin or aluminum (if possible with removable bottoms), square or round. Square cakes cut to better advantage; corners are often dry, and round cakes productive of a more uniformly baked cake. Loaf pans of block tin or aluminum, with stack in center, may be square or round. For individual cakes a 14x14-inch dripping pan. Spring forms, etc., are desirable for sponge cakes for ice box cakes.

Fifth—Preparation. Sugar, flour, salt, etc., sifted and measured separately; if fruits and nuts are added, cut

and measure. Pans oiled and floured, or lined with paper, oiled and floured, may be used.

Sixth—Temperature. Oven should be in readiness when cake is mixed. Oven control is excellent, or a dependable thermometer is indispensible. A chart for temperature for baking should be conveniently near range.

Seventh—Combining ingredients, consists of blending batter, smooth and light, without developing gluten in flour, or breaking air cells in egg whites, or those formed by baking powder; the mixing should be continuous until completed. Cream shortening, gradually add sugar; mix by rotary stirring and lifting motion of spoon. Add flour (beating and not stirring in) by alternating liquid and dry ingredients. Keep batter same consistency with as little manipulation as possible, and the whites beaten, and added last, with a folding, cutting-in stroke. Pour batter into pans previously prepared, setting batter well to side of layer pans, leaving a slight depression in center, so as to provide for thinning of batter and settling to center, later, in oven.

Eighth—Baking. Cakes leavened with baking powder require higher temperature than those leavened with soda and sour milk, or soda and molasses. Cakes containing fruits or nuts require a hotter oven than plain cakes; and temperature reduced after a short time. Sponge cakes require a lower temperature than butter cakes (275 to 300 degrees F. to 350 degrees.)

Time for baking should be divided into quarters; the first quarter given to rising, the second quarter, continue to rise and begin to set (the most heat is required just at this point), and the third quarter cake begins to brown, the fourth quarter, temperature is reduced and cake finishes baking, shrinks slightly.

Ninth—Cooling. Layer cakes should be removed from pans as soon as taken from stove; turned out on a wire trivet (can be bought at any household department store). The rack from the refrigerator, elevated on four cups placed at corners may be used—this allows cake to cool with circulation of air about it, thus preventing any settling down or dampness. Loaf cakes may remain in

pan five minutes if pan is allowed to rest on a wire—then inverted after spatula is run around to free it from sides of pan and stack. Loaf sponge cakes remain in reverted pan until cold, then cut from pan. Never cover a cake with cloth until COLD and do not frost until cold.

POINTS TO REMEMBER in mixing cake—(1) by stirring, ingredients are mixed; (2) beating encloses air; (3) and by cutting and folding, air already incorporated is prevented from escaping.

In baking, liquids are turned to steam, gas formed by leavening agent and air enclosed is expanded, and the walls of these air cells hardened to prevent breaking before the actual cooking of material is accomplished.

Preparing pan, use pastry brush and oil, go over sides of pan completely, but very lightly with oil. Place a tablespoon of flour in pan, shake about; or the surface of pan may be covered by lining with paper, cut to fit, the sides cut on bias, paper slit every inch to depth of half the pan. Oil the bottom of pan and sides, oiling paper lightly, and sift on flour. This latter method only recommended for spice and fruit cakes.

To remove cakes from pans: After allowing the baked cake to remain about 2 minutes, invert pans and if cake sticks, place a damp cloth on bottom of pan for a few minutes.

Note—If bread flour is used in place of pastry flour, take two tablespoons less for each cup.

SPONGE CAKES—Plain, Hot-Water, Sun-Shine and Angel Food.

Sponge cakes are leavened by the expansion of the air incorporated. Important that as much air as possible be incorporated, therefore, the sifting of flour several times, beating of eggs until very light, and the care with which air is incorporated are all important points.

In sponge cakes, beat whites until light, add sugar gradually; beating lightly. Beat yolks very light, add to whites, and fold in as lightly as possible, the flour. Beating the flour, softens the gluten and makes the cake tough.

ANGEL FOOD CAKE

11 small or 10 large egg whites
1 teaspoon cream of tartar
1½ cups fine granulated sugar
1 cup pastry flour (sifted several times)
¼ teaspoon salt
1 teaspoon lemon juice
1 teaspoon extract

METHOD—Beat whites of eggs until light (use rotary egg beater). Add cream of tartar and beat until stiff. Beat in gradually one cup sugar (use flat whip). Add lemon juice and extract. Sift flour four times; sift remaining ½ cup sugar and salt together with flour three times. Add to egg mixture, cut and fold in (do not beat), using mixing spoon. Pour batter into large unoiled, unfloured angel food pan; shake down well in pan. Cover with heavy paper and bake in oven 325 degrees F. Increase temperature every 15 minutes. Remove cover at end of 30 minutes. Total baking time 60 minutes. Invert and let stand several hours before cutting from pan.

VARIATION—TUTTI FRUITTI ANGEL CAKE—Add ½ cup blanched almonds, cut in thin slices, ½ cup candied pineapple, and cherries to batter by sprinkling in as batter is placed in pan.

BOILED ANGEL FOOD CAKE

1½ cups granulated sugar
¾ cup boiling water
1 cup pastry flour
1 teaspoon cream of tartar
11 egg whites
1 teaspoon lemon juice
1 teaspoon vanilla

METHOD—Stir sugar and water in sauce pan until sugar is dissolved. Allow to come to a boil. In the meantime, sift flour, add cream of tartar and sift four times. Beat egg whites until very stiff. When syrup has reached 250 degrees F. (firm ball in cold water), pour over egg whites and continue beating until mixture is cold. Add vanilla; fold in gently flour and cream of tartar mixture with long, even strokes. Drop in unoiled cake pan and bake 60 minutes in oven beginning at 200 degrees and ending at 350 degrees F.

CHOCOLATE ANGEL FOOD CAKE

¼ teaspoon salt
1¼ cups egg whites (11 eggs)
4 tablespoons ground chocolate
¾ cup pastry flour

1 teaspoon cream of tartar 1 teaspoon lemon juice
1¼ cups sugar 1 teaspoon vanilla extract

METHOD—Add salt to egg whites and beat until foamy; add cream of tartar and beat until stiff. Add ¾ cup sugar. Sift together flour, chocolate and remaining sugar; fold and cut into egg whites. Add extract and lemon juice. Bake at 275 degrees F. ½ hour; increase to 300 degrees F. for 25 minutes; increase to 325 to finish (about 15 minutes). This should be baked in unoiled, unfloured tube pan; is cooled in the pan same as for angel cake.

VARIATION—Hollow out center and fill with delicate chocolate gelatin custard, for ice-box cake. See Chocolate Filling.

DAFFODIL CAKE

1½ cups egg whites 2 teaspoons lemon juice
1¾ cups sugar 1 teaspoon orange extract
1⅛ cups flour 1 teaspoon vanilla extract
4 egg yolks ¼ teaspoon salt
1 teaspoon cream of tartar

METHOD—Beat egg whites until light, add cream of tartar, beat until stiff. Add 1¼ cups sugar. Divide mixture in two bowls. To the contents of one bowl add the yolks of 4 eggs, ½ cup plus 1 tablespoon flour and ¼ cup sugar, sifted together. Cut and fold in. Add 1 teaspoon lemon juice and 1 teaspoon vanilla extract. To contents of second bowl, add ½ cup plus 1 tablespoon flour and ¼ cup sugar. Add a teaspoon lemon juice and 1 teaspoon orange extract. Put mixture into the dry, unoiled, unfloured stack pan; one spoon of the white and one spoon of the yellow mixture, alternately. Put in an oven at 325 degrees; cover with heavy paper. At the end of 25 minutes ,remove the cover and increase the temperature to 350 degrees and bake for 25 more minutes. Invert for several minutes before removing from pan. Cover with whipped cream or soft butter icing.

SUNSHINE CAKE

7 egg whites 5 egg yolks
Pinch salt 1 teaspoon vanilla

1 teaspoon cream of tartar 1 cup pastry flour
1 cup sifted sugar

METHOD—Add a pinch of salt to the egg whites and beat until light. Add cream of tartar, beat until stiff; add sugar gradually and then well-beaten yolks of eggs and vanilla. Sift flour at one time and cut and fold into mixture as gently as possible, until mixed with other ingredients. Pour into a tube-loaf pan, unfloured and unoiled, shake down slightly to settle and bake in oven (275 degrees F., increasing to 350 degrees F.) for 50 minutes. If a gas range is used, cover pan with heavy paper or oiling) and cover pan well with heavy paper for baking, uncover to bake top crust. When done remove from oven and invert pan. Let stand until cake is thoroughly cold, or if possible let stand until next day, when it may be cut out with a spatula.

LADY FINGER CAKE

6 eggs 1 cup sugar
½ teaspoon cream of tartar 1 cup flour
½ teaspoon salt 1 teaspoon vanilla extract

METHOD—Separate eggs. Beat the whites light, add cream of tartar, beat stiff and add sugar gradually. Beat yolks in a large bowl and add one-half of whites and sugar mixture. Add flour and salt, which have been sifted together several times and fold in balance of white of egg mixture, and vanilla. Bake at 350 degrees for 45 minutes. Nice baked in a Mary Ann Shell Pan; it may be used to hold fruit, custard or ice cream. This cake may also be baked in paper cups and later the paper removed and cakes diped in soft icing.

HOT WATER SPONGE CAKE

4 egg whites 1 cup fine granulated sugar
¼ teaspoon cream of tartar 4 egg yolks
¼ cup boiling water 1 teaspoon extract
1⅛ cups pastry flour, sifted

METHOD—Place egg whites in large bowl and beat until light, add cream of tartar, beat until stiff. Add ¾ cup sugar gradually, beating well. Add balance of sugar to yolks, and also boiling water. The yolks should be creamy, light and like a custard. Combine whites and

yolks, fold in flour and extract, cutting and folding until it has all been incorporated. Pour into the pan (without paper or oiling) and cover pan well with heavy paper until cake has risen. If baked in a deep pan this will require 50 minutes to bake, temperature 350 degrees F. Invert pan to cool. Do not remove from pan for 10 to 18 hours. Ice very lightly.

BOILED SPONGE CAKE

1 cup sugar
½ cup water
5 egg yolks
5 egg whites
2 teaspoons lemon juice
1 teaspoon grated lemon rind
1 cup flour
½ teaspoon cream tartar

METHOD—Boil sugar and water to thread stage (238 degrees F.) and pour in fine stream onto egg yolks, beaten until thick and lemon colored, and continue beating until mixture is cool, adding while beating, the lemon juice and rind. When cold, fold in half the egg whites which have been beaten stiff and dry with cream of tartar added. Fold in flour and then balance of egg whites. Bake in tube pan about 50 minutes at 300 degrees F., and let cool in inverted pan.

ORANGE SPONGE CAKE

6 eggs (separated)
1¾ cups sugar
3 tablespoons grated orange rind
2 teaspoons baking powder
⅔ cup orange juice
2¾ cups pastry flour
½ teaspoon salt

METHOD—Beat egg whites until stiff. Add yolks, one at a time, beating well before the addition of another. Add gradually, still beating with egg beater, the sugar. Remove beater; add grated rind of oranges and orange juice. Fold in pastry flour, mixed and sifted with baking powder and salt. Bake in a 9-inch stack pan in oven at 350 degrees for 50 minutes. When cool, cut from pan and ice.

SPONGE CAKE—(USING EGG YOLKS ONLY)

6 egg yolks
1 cup sugar
½ cup boiling water
1½ cups flour
2 teaspoons baking powder
1 teaspoon lemon juice

METHOD——Beat egg yolks until light; add sugar

gradually, then hot water, beating meanwhile. Add flour, sifted with baking powder and beat thoroughly. Bake in 300 degree F. oven about 45 minutes.

MOCK ANGEL FOOD CAKE

1¼ cups flour
1 cup granulated sugar
¼ teaspoon salt
1 cup boiling milk
1 tablespoon cooking oil
1 teaspoon lemon juice
3 teaspoons baking powder
3 egg whites

METHOD—Sift flour, sugar and salt together in large bowl. Pour over the boiling milk; beat well until smooth. Add oil and lemon juice, then baking powder. Fold in egg whites beaten until stiff. Do not beat cake batter after adding eggs, except to mix them evenly. Bake in sheet pan in oven, 350 degrees F., for 28 to 30 minutes.

JELLY ROLL

1¼ cups flour
¼ teaspoon salt
4 tablespoons boiling water
2 tablespoons melted butter
1 teaspoon baking powder
4 eggs, separated
1 cup granulated sugar
1 teaspoon vanilla

METHOD—Sift together flour, salt and baking powder several times. Beat egg whites until stiff. Add gradually the sugar and vanilla. Beat yolks until light. Add boiling water and lastly, the melted butter. Combine the two last mixtures. Fold in flour until batter is smooth. Bake in shallow pans lined with paper, oiled and floured. Bake at 275 degrees F. about 15 or 18 minutes, according to thickness of batter. Turn from pan onto a soft cloth sprinkled with powdered sugar. Remove paper and cut off hard crusts. Spread with jelly. Pinch in an inch from the edge nearest and turn forward. Lift cloth forward and the cake will roll easily. Leave wrapped in cloth few minutes to insure its shapeliness. The outside may be ornamented with icing or left plain and sprinkled with powdered sugar.

VARIATION—CHOCOLATE MARSHMALLOW ROLL—Add ½ cup ground chocolate blended with 4 tablespoons water, and ½ teaspoon baking powder. Ice with marshmallow icing.

ONE-EGG CAKE

(Excellent for shortcakes, cream pies, etc.)

¼ cup shortening
½ cup sugar
1 egg
½ cup milk
2½ teaspoons baking powder
¼ teaspoon salt
1 teaspoon vanilla or lemon extract
1½ cups flour

METHOD—Cream shortening and sugar; add well-beaten egg. Sift flour, baking powder and salt; add alternately with milk to first mixture. Add flavoring. Pour into shallow, oiled and floured pan. Bake at 350 degrees F. for 15 minutes, at 400 for 5 minutes and then back to 350 for 10 minutes, or until done.

VARIATION—BOSTON CREAM PIE—Filling.

½ cup sugar
2 tablespoons cornstarch
⅛ teaspoon salt
2 eggs
1 cup scalded milk
1 teaspoon butter
½ teaspoon vanilla extract

METHOD—Mix sugar, cornstarch, salt and beaten eggs; pour on gradually the scalded milk; add butter. Cook in double boiler until thick, stirring constantly; flavor, cool and spread between layers of One-Egg Cake.

VARIATION—STRAWBERRY SHORTCAKE—Mash 2 cups strawberries, sweeten with ¼ cup powdered sugar, spread between two layers of One-Egg Cake. Cover top with mashed berries and some perfect whole berries. Garnish with whipped cream.

VARIATION—Sliced peaches may be used instead of strawberries.

EMILY WHITE CAKE

½ cup shortening
1½ cups sugar
1 cup water
3 cups flour (sifted before measuring)
1 teaspoon lemon juice
1 teaspoon salt
4 egg whites
1 teaspoon vanilla extract
3 teaspoons baking powder

METHOD—Cream shortening, add sugar gradually and stir and beat until very creamy, adding from time to time a teaspoon of the liquid. When ¼ cup liquid has been used, begin and add a little at a time, the flour, baking powder and salt, which have been sifted together

several times. Care should be taken not to beat the cake too much while adding flour, to do so will frequently result in tough cake; keep sides of pan clean by frequently running spatula about the sides. Stand aside while whites are beaten, fold into flour mixture with vanilla and lemon juice, as gently as possible. Pour into two large layer cake pans, oiled and floured. Settle batter well to the sides, leaving a depression in center. Place on bottom rack of oven (about 1 inch from floor of oven). Bake at 350 degrees F., until cake has risen; increase to 400 degrees F.; hold for about 4 minutes, then reduce to 350 degrees F., again. This cake will require about 28 minutes to bake. When done remove to wire rack to cool. Ice when cold. Be sure to use pastry flour, cream of tartar baking powder and sift flour several times before measuring lightly.

VARIATIONS—GOLDEN CAKE—Use yolks as well as whites of eggs, adding to the creamed shortening and sugar. Add whites last in usual way. The yolks of egg cake requires a lower temperature until cake has risen. Beginning at 300 degrees F., slowly increase to 350 degrees F., decreasing when beginning to brown.

SPANISH CAKE—Measure flour and replace 4 tablespoons of it with 4 tablespoons cocoa. Add cocoa and 1 teaspoon mixed spices to flour mixture. Cold coffee may be used instead of water.

FRUIT CAKE—Make as for golden cake and add 1 cup fruit and 1 cup nuts to batter alternately with flour. Bake at 350 degrees F. and reduce after cake begins to brown. This prevents solids from sinking to bottom. Orange juice, pineapple juice, cider, coffee or cold cocoa may be used as liquid.

CALIFORNIA CAKE

½ cup shortening
1½ cups sugar
4 egg yolks
3 cups flour
3 teaspoons baking powder
1 teaspoon salt

¾ cup strained orange juice
¼ cup water — 1 tablespoon grated orange rind
4 egg whites — 1 teaspoon orange extract

METHOD—Cream shortening and sugar thoroughly, adding a little water. When very light, add well-beaten egg yolks and as quickly as possible add the flour, baking powder and salt, which have been sifted together, and the liquid. Beat egg whites stiff and add with orange rind and extract. Bake in oiled and floured pans at 350 degrees F., increasing to 400 degrees by time cake has risen; hold for 4 minutes, then reduce to 350 degrees again. Should take about 28 minutes all together.

BRIDE'S CAKE

⅔ cup shortening — 3 teaspoons baking powder
2 cups sugar — 1 teaspoon salt
3 cups flour (sifted before measuring)
1 teaspoon orange extract — 1 cup water
1 teaspoon vanilla extract — 8 egg whites
½ teaspoon cream of tartar

METHOD—Cream shortening, add sugar and cream together. Sift flour, baking powder and salt and add alternately with water. Add extract, beat mixture thoroughly and lastly fold in stiffly beaten egg whites, to which cream of tartar has been added. Bake in oiled and floured loaf pan at 300 degrees F., until cake has fully risen, then increase heat to 350 degrees F., to finish baking. Total baking time, 60 minutes.

SNOWDRIFT WHITE LOAF CAKE

⅔ cup shortening — 2¾ cups flour
1⅔ cups sugar — 2¾ teaspoons baking powder
1 cup liquid (water preferred) — 1 teaspoon salt
5 egg whites
1½ teaspoons extract (1 teaspoon vanilla, ½ teaspoon orange or lemon juice or any flavor desired)

METHOD—Cream shortening and sugar thoroughly, adding from time to time liquid until one-third cup has been used. Sift flour, baking powder and salt together several times. Alternately add balance of liquid and flour, fold in stiffly beaten egg whites and extract. Bake in loaf pan, covered with paper. Bake at 300 degrees F., gradually increasing temperature until cake is

thoroughly risen, the temperature is 400 degrees F. Hold for a few moments, remove cover and reduce temperature for the balance of time. Total time required—50 minutes.

VARIATIONS

GOLDEN LOAF CAKE—Add yolks of eggs.

MARBLE CAKE—Divide white cake batter in halves; add to one part 3 egg yolks and 2 teaspoons mixed spices. Pour batter in pan, alternating the white and dark portions. If the dark portions are put in with curling motion, the desirable marble effect is accomplished.

HOUSEKEEPER'S CAKE

4 cups flour
4 teaspoons baking powder
¾ teaspoon salt
1 cup shortening
2 cups sugar
5 eggs (or yolks of 10)
1 cup milk
2 teaspoons flavoring

METHOD—Sift flour, baking powder and salt together. Cream shortening and 1 cup sugar together; beat yolks of eggs, add balance of sugar. The success of the cake largely depends upon the beating of these 3 ingredients after they are combined. Alternately add the liquid and dry ingredients to batter, add flavoring, and in case the whites are used fold in last. This may be baked as a loaf, layer or sheet cake. Bake in moderate oven, 300 degrees F., increasing slowly to 400 degrees F. and reducing as soon as cake is set. If baked in a loaf pan, cake will require 55 minutes, if in layers 30 minutes, in a sheet pan about 30 minutes.

POUND CAKE—(WITH FRUIT)

Mrs. Shannessey's White Fruit Cake

1 pound butter (2 cups)
1 pound sugar (2 cups)
10 eggs
1 pound flour (4 cups)
1 teaspoon baking powder
½ teaspoon mace
2 tablespoons sherry flavoring
2 cups shredded candied fruit (pineapple, cherries, citron and almonds)

METHOD—Cream butter. Add sugar gradually and beat well. Add egg yolks beaten until light, then stiffly

beaten egg whites. Sift and add flour, baking powder and mace. Add flavoring. Pour in deep pan lined with oiled and floured paper. Sprinkle a layer of fruit and nuts over cake from time to time while baking; these will settle down into cake and will be evenly distributed. Bake in oven 250 degrees F., 1½ hours; increase heat to 300 degrees and continue baking for ½ hour.

CHOCOLATE CAKE—SMALL

1 cup sugar
½ cup shortening
2 eggs (separated)
2 squares chocolate
1 teaspoon vanilla
½ cup milk
1½ cups flour (sifted)
2½ teaspoons baking powder
1 teaspoon salt

METHOD—Cream sugar and shortening together. Add egg yolks, chocolate and vanilla; beat well. Add milk alternately with mixed and sifted flour, salt and baking powder. Fold in stiffly beaten egg whites. Bake in bread loaf pan at 350 degrees for 45 minutes, or in two layers for 30 minutes at 350 degrees.

MOPSIE'S CHOCOLATE CAKE

Economical, Large Cake

2½ cups flour
3 teaspoons baking powder
1 teaspoon salt
1 teaspoon cinnamon
½ cup shortening
2 cups sugar
2 squares bitter chocolate, cut fine
4 egg yolks
1 cup milk
1 teaspoon vanilla
4 egg whites

METHOD—Sift together flour, baking powder, salt and cinnamon. Cream together shortening and sugar. Add egg yolks and beat well. Melt chocolate over hot water—let cool, then add to creamed mixture. Mix well. Add dry ingredients to creamed mixture alternately with milk; add vanilla. Fold in stiffly beaten egg whites. Pour into oiled and floured pans, 2 if large, and 3 if small. Bake at 350 degrees F. for 15 minutes, increase to 400 degrees for 5 minutes, back to finish. Will require 25 minutes.

HONOLULU CHOCOLATE CAKE

4 ounces melted chocolate
1 cup hot mashed potatoes
¾ cup creamed butter
2 cups sugar

4 egg yolks
½ cup milk
2 teaspoons baking powder
1 teaspoon ground cinnamon
2 cups flour
1 teaspoon cloves and nutmeg
1 cup chopped walnuts
4 egg whites
1 teaspoon salt

METHOD—Mix chocolate with potatoes and add to creamed butter, sugar and eggs. Add milk and dry ingredients alternately. Lastly add beaten egg whites. Bake in layers at 350 degrees F. for 14 minutes, increase to 400 degrees for 3 minutes and back to 350 degrees for 28 to 30 minutes.

LARRY'S DEVIL'S FOOD CAKE

2 squares bitter chocolate
⅓ cup hot water
2 cups pastry flour
1 teaspoon baking powder
½ teaspoon salt
1 cup fine granulated sugar
½ cup shortening
3 egg yolks
1 cup sour cream
1 teaspoon vanilla
3 egg whites
1 teaspoon baking soda
1 tablespoon warm water

METHOD—Melt chocolate and add water, place directly over the flame and cook until smooth, stirring constantly. Remove from stove, set aside to cool. Sift flour, baking powder and salt together. Cream shortening and sugar. Add beaten egg yolks, chocolate mixture, and then sour cream alternately with dry ingredients. Add vanilla and beat until smooth and creamy. Beat egg whites stiff, fold into batter; add baking soda dissolved in 1 tablespoon hot water. Pour into 2 oiled and floured layer cake pans and bake at 350 degrees F. for 15 minutes; increase to 400 degrees F. for 4 minutes; then reduce to 350 degrees F. to finish. This requires about 28 minutes to bake. Remove to racks to cool. Ice when cold.

DEVIL'S FOOD CAKE (N. S.)

1 egg yolk
⅔ cup brown sugar
½ cup scalded milk
¾ cup ground chocolate
1 cup brown sugar
½ cup butter
2 eggs (separated)
½ cup milk
2 cups flour
½ teaspoon salt
1 teaspoon soda

METHOD—Add the beaten egg yolk and sugar to scalded milk and cook until mixture coats spoon. Add chocolate. Set aside to cool. Cream 1 cup brown sugar and butter. Stir in well beaten egg yolks. Alternately incorporate milk and flour. Stir in the cooled custard. Add 1 teaspoon soda dissolved in small amount warm water. Fold in stiffly beaten egg whites. Bake in layers at 300 degrees F. 28 to 30 minutes.

CHECKERBOARD CAKE

1 cup shortening
2 cups fine granulated sugar
6 cups pastry flour
6 teaspoons baking powder
1½ teaspoons salt
3 teaspoons vanilla or orange extract
½ cup ground chocolate
⅓ cup water
3 egg yolks
6 egg whites
2 teaspoons lemon juice
2 cups water

METHOD—Cream shortening and sugar thoroughly. Sift together flour, baking powder and salt. Add alternately with water to first mixture. Add lemon juice and vanilla and beat well. Divide cake mixture into 2 equal parts. Mix chocolate with ⅓ cup water, cook until smooth and add with egg yolks to first part. Beat egg whites until stiff. Divide, and add half to each mixture. Pour into checkerboard cake pans, alternating the white and chocolate mixtures, according to directions with pans. This makes three large layers. Bake in oven at 400 degrees F. for 20 minutes, then decrease heat to 350 until well baked. Remove to wire rack and cool before icing. These layers are put together with plain white or chocolate icing, like a sandwich, a chocolate and white layer opposite.

BANANA CAKE

1½ cups sugar
½ cup shortening
3 egg yolks
¼ cup sour milk
½ cup walnut meats
2½ cups flour
1 cup mashed banana pulp
½ teaspoon salt
1 teaspoon baking powder
3 egg whites
1 teaspoon lemon juice
1 teaspoon soda
1 tablespoon hot water

METHOD—Cream sugar and shortening; add slightly beaten egg yolks and banana pulp. Beat well. Add sour

milk, nuts and flour, which has been sifted together with salt and baking powder. Fold in well-beaten egg whites. Dissolve soda in 1 tablespoon hot water and add to mixture. Pour into well oiled and floured pans, bake in oven at 350 degrees for about 12 minutes, increase heat to 400 degrees for 4 minutes, then back to 350 to finish. Total time about 30 minutes.

JAM CAKE

1½ cups sugar
½ cup shortening
3 egg yolks
1 cup jam
2¾ cups flour
1 teaspoon baking powder
8 tablespoons sour cream (half cup)
1 teaspoon cinnamon
½ teaspoon nutmeg
1 cup nut meats
1 teaspoon soda
1 teaspoon hot water
3 egg whites

METHOD—Cream sugar and shortening together; add creamed yolks of eggs and jam. Sift all dry ingredients together, add nuts and add alternately with sour cream to first mixture. Fold in beaten egg whites. Add soda, dissolved in hot water. Bake in layers at 300 degrees F. for 20 minutes.

APPLE SAUCE CAKE

1½ cups sugar
½ cup shortening
2 eggs
1 cup unsweetened apple sauce
¾ cup nut meats
1 cup raisins
2½ cups flour
1 teaspoon baking powder
1 teaspoon cinnamon
1 teaspoon cloves
½ teaspoon salt
1 teaspoon lemon juice
1 teaspoon soda
2 tablespoons lukewarm water

METHOD—Cream sugar and shortening together, add eggs, apple sauce then nuts, and raisins. Sift flour, baking powder, cinnamon and cloves and salt together and add to first mixture. Add lemon juice. Lastly add soda, dissolved in warm water. Bake in oven at 400 degrees F., decreasing to 350 degrees F. after 15 minutes. Total time about 28 minutes when in two layers.

FAY'S CAKE

½ cup butter
1 cup sugar
2 egg yolks
3 tablespoons molasses
3 teaspoons melted chocolate
2 cups sifted flour

1 teaspoon each of cloves, nutmeg and cinnamon
Pinch salt
Raisins and chopped nuts

METHOD—Cream butter and sugar; add eggs, molasses and chocolate. Sift flour, spices and salt; add to first mixture alternately with nuts and raisins. Bake in 300 to 350 degree oven about 30 minutes.

DATE CAKE

½ teaspoon soda
1 cup boiling water
1 cup dates
1 cup sugar
3 tablespoons shortening
2 teaspoons baking powder
1 egg
¾ cup flour
¼ teaspoon salt
½ cup nuts

METHOD—Dissolve soda in boiling water and pour over dates; let stand. Cream sugar and shortening; add egg. Add flour, baking powder and salt, which have been sifted together, dates and hot water, and lastly the nuts. Bake at 300 degrees F. for 25 minutes.

EXPRESS CAKE

2 cups flour
1 teaspoon salt
2 teaspoons baking powder
1 cup sugar
3 teaspoons mixed spices
½ cup seedless raisins
½ cup broken nut meats
⅓ cup oil
¾ cup sour milk
2 eggs
1 teaspoon soda
1 tablespoon hot water

METHOD—Sift together flour, salt, baking powder, sugar and spices. Add raisins and nuts stirring in well. Add oil, sour milk and eggs and beat well for two minutes. Dissolve soda in hot water and beat this well into cake mixture, last of all. Pour into two papered and oiled layer cake pans. Bake in oven at 350 degrees F., until risen to full height, then increase heat to 400 degrees F. until set and nicely browned, then reduce to 350 degrees F. again. Total time to bake, ½ hour.

GINGERBREAD, SOFT

1 egg (optional)
¾ cup molasses
3 tablespoons oil
2 teaspoons ginger
2 tablespoons Blue Ribbon Malt
⅔ cup sugar
1 teaspoon soda
1 teaspoon salt
1 cup boiling water
3 cups flour

METHOD—Beat egg, add molasses, malt and other ingredients in order given. Beat thoroughly, transfer to well-oiled pan 9 inches square, and bake from 40 to 45 minutes in an oven at 350 degrees F.

CANADIAN FRUIT CAKE

⅔ cup fat
2 cups brown sugar
2 cups water
1 cup seeded raisins
1 teaspoon salt
½ teaspoon nutmeg
½ teaspoon powdered mace
4 cups flour
1 teaspoon baking powder
2 teaspoons baking soda
2 teaspoons powdered cinnamon
1 teaspoon powdered cloves
3 tablespoons warm water
¾ cup chopped nut meats

METHOD—Put fat into saucepan, add sugar, water, raisins, salt and spice and boil for 3 minutes. Cool and add flour and baking powder, sifted together. Add soda which has been dissolved in warm water; then add nut meats. Mix well, turn into floured tin and bake in 350 degree oven for 1½ hours. This bakes well in electric cooker or can be baked with oven dinner.

GENERAL DIRECTIONS FOR MIXING FRUIT CAKES

1. Get fruit ready the day before, and pour over the fruit juices and extracts.
2. Blanch and slice almonds.
3. Brown flour in oven, cool, measure and add baking powder.
4. Measure spices and add to jellies and jams.
5. When ready to make cake, cream butter with half the sugar; beat yolks light with other half. Combine and add jelly and spices; alternately add egg whites stiffly beaten and half the flour, then chocolate. Sift flour over the top layer of fruit, add to batter, sift again and continue until fruit has been added. Put in nuts.
6. Line pan with 2 layers heavy brown paper. Brush with oil; pour cake mixture in and decorate top with nuts and fruit.
7. Bake according to individual directions.

INEXPENSIVE FRUIT CAKE

¼ pound crystallized orange or lemon peel
1 pound currants
1 pound seeded raisins
¼ pound chopped dates
¼ pound crystallized citron
¼ cup jam
1 teaspoon vanilla
1 tablespoon lemon juice
¼ cup sherry or port wine flavoring
⅛ teaspoon mace
¾ cup walnuts
¼ teaspoon cloves
¾ teaspoon cinnamon
1 cup shortening
1 cup brown sugar
2½ cups sifted browned flour
1 teaspoon baking powder
½ teaspoon salt
3 eggs
½ teaspoon cocoa

METHOD—Follow general directions for making fruit cakes. Bake 2 hours at 300 degrees.

WONDER FRUIT CAKE

¼ pound crystallized cherries
¼ pound crystallized pineapple
¼ cup dates
¼ cup crystallized citron
¼ cup crystallized orange peel
1 pound currants
1½ pound raisins
1 cup strawberry preserves
1 glass wine jelly
½ cup sherry or port wine flavoring
2 tablespoons lemon juice
3 teaspoons mixed spices (cinnamon, cloves, allspice, nutmeg and little mace)
1 cup butter
2 cups brown sugar
5 eggs (separated)
4¾ cups browned flour
2 teaspoons baking powder
1 teaspoon salt
1½ tablespoons cocoa
½ pound walnuts
½ pound almonds

METHOD—Follow general directions for making fruit cake. Bake in oven 300 degrees, allowing 30 minutes per pound. This makes a 6½-pound cake.

MIKADO CAKE—(JAPANESE FRUIT CAKE)

2 cups sugar (sifted)
1 cup butter
8 whole eggs
4 cups flour
4 teaspoons baking powder
1 teaspoon salt
1 teaspoon cinnamon
1 cup strawberry preserves
1 pound crystallized ginger
½ pound crystallized cherries
½ pound crystallized pineapple
¼ pound crystallized apricots
¼ pound crystallized angelique
¼ pound crystallized limes
¼ pound crystallized kumquats
1 teaspoon each orange, vanilla, almond, pistachio extracts
1 teaspoon mace
1 teaspoon nutmeg
1 teaspoon allspice
1 pound chopped nuts
½ cup rich cream
¾ cup tokay wine
¼ cup apricot cordial

METHOD—Follow general directions for making fruit cake. Bake from 1¾ to 2 hours. Spread with golden icing flavored with wine and put on the top, marshmallow icing.

STRAWBERRY SHORTCAKE—No 1

4 tablespoons shortening
1 cup sugar
2 eggs
1¾ cups flour
½ cup milk
1 teaspoon lemon juice
1 teaspoon vanilla extract
2½ teaspoons baking powder

METHOD—Melt shortening; add sugar; and cream thoroughly together. Add the beaten eggs. Mix and sift the dry ingredients, add alternately with the milk. Add flavoring and put into a deep cake tin and bake in a moderate oven at 350 degrees for 14 minutes. Pour over mashed strawberries (No. 2) and continue to bake for 25 minutes. If possible bake in a removable bottom pan. Serve with strawberry sauce No. 3.

No. 2

1½ baskets of fresh strawberries
3 tablespoons soft butter
½ cup granulated sugar

METHOD—Pick berries and cap them. Add the butter and sugar, beat well.

No. 3

1½ baskets berries
¼ cup soft butter
2 cups powdered sugar
1 teaspoon lemon juice

METHOD—Beat together until smooth and use for sauce for cake or ice cream.

BLITZ TORTE

Part I.

½ cup butter
½ cup sugar
4 egg yolks
1 teaspoon vanilla
3 tablespoons milk
1 cup flour
1 teaspoon baking powder

METHOD—Cream shortening, gradually beat in sugar, egg yolks, vanilla, milk and flour, sifted with baking powder. Spread the mixture in two round shallow baking pans that have been oiled and floured.

Part II.

5 egg whites
¾ cup sugar
½ cup chopped blanched almonds
1 tablespoon sugar
½ teaspoon cinnamon

METHOD—Whip egg whites very light, add sugar gradually and spread on un-baked mixture in both pans. Sprinkle with almonds, sugar and cinnamon, and bake in oven 350 degrees F. for about 30 minutes. Let cool and put together layers with sour cream filling.

SOUR CREAM FILLING

1 tablespoon cornstarch
1 cup thick sour cream
½ teaspoon lemon extract
1 cup chopped pecans or walnuts
1 egg yolk
2 tablespoons sugar

METHOD—Beat egg yolk slightly, add sugar and cornstarch mixed, stir in cream and let cook in double boiler until it coats the spoon. Add flavoring, and if desired 1 cup chopped pecans or walnuts.

FRENCH TORTE

4 egg whites
¼ teaspoon cream of tartar
1 cup sugar (very fine)
4 egg yolks
¼ cup boiling water
1 teaspoon extract
1⅛ cups flour
½ teaspoon baking powder

METHOD—Beat egg whites until light; add cream of

tartar and beat until stiff. Add ¾ cup sugar gradually and beat well during process. Add balance sugar to yolks, beat well; then add boiling water. Combine yolks and whites. Add extract and flour, sifted with baking powder, all at one time, cutting and folding until all has been incorporated. Pour into four torte pans lined with oiled paper. Bake in oven 350 degrees F. about 25 minutes. Spread with lemon filling and dust top with powdered sugar.

LEMON FILLING

1½ tablespoons cornstarch
½ cup sugar
½ cup boiling water
1 teaspoon butter
1 tablespoon lemon juice
1 egg yolk

METHOD—Combine cornstarch and sugar; stir into boiling water. Let boil 1 minute, then cook over hot water 5 minutes. Add butter, lemon juice and egg yolk, well beaten. Stir constantly, remove from flame when boiling begins. Spread between layers of Torte.

CHOCOLATE ROLL

3 egg yolks
½ cup sugar
⅛ teaspoon salt
½ teaspoon vanilla
3 egg whites
½ teaspoon cream of tartar
2 tablespoons flour
2 tablespoons cocoa

METHOD—Beat egg yolks and add sugar, salt and vanilla and beat for 1 minute. Beat egg whites and add cream of tartar; beat stiff and add with flour and cocoa to first mixture. Spread ½ inch thick on a well oiled paper which has been fitted into shallow pan, 10x10 inches. Bake in slow oven for 15 minutes. Turn out on cloth, tear off paper; let stand 5 minutes to cool. Add whipped cream and roll up in cloth. Let stand 1 hour. Remove from cloth and spread with chocolate frosting.

WHIPPED CREAM MIXTURE

1 cup stiffly whipped cream
2 tablespoons sugar
½ teaspoon vanilla

METHOD—Mix ingredients and spread upon the baked chocolate roll.

Icings

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CHAPTER XVII

CAKE FILLINGS, ICINGS

IMPORTANT—Boiled icing should be classed with candies, because the conditions which control one, have to do with the other. A smooth aluminum or enamel saucepan, which has no abrasions, should be used. Boiling water and either cream of tartar, corn syrup, lemon juice, vinegar or glucose with sugar are used in connection with same. The acid inverts part of the sugar in boiling and turns some of it, at least, into glucose. This prevents syrup from recrystallizing in large grains. The less the sugar boils the better the icing, therefore ⅓ cup BOILING WATER to 1 cup sugar will be found always sufficient to dissolve; in brown sugar ¼ cup boiling water.

Place sugar and water in sauce pan, stir thoroughly until well dissolved and wash sides of pan to edge of syrup. Cover vessel in order that any syrup left on sides will not dry out. When mixture boils, remove cover, add acid or corn syrup and allow to boil rapidly until desired temperature is reached. Do not test out too frequently. Putting spoon in syrup often causes a settling of sugar to the sides.

In making icing with egg whites it is well to beat whites and add 1 tablespoon granulated sugar for each egg. This gives a meringue, and results in a very desirable soft icing.

Where chocolate is called for in icing, it is well to boil the syrup and add chocolate last.

From ¼ to ½ teaspoon baking powder added to white icing after made and while beating, will cause it to be light and prevent its running.

SNOWDRIFT ICING

2 cups sugar
⅔ cup water
1 egg white
1 dozen marshmallows

METHOD—Boil sugar and water until it spins a thread (238 degrees F.) Pour over beaten egg white; add marshmallows and beat until cool enough to spread. Flavor if desired.

VARIATION—2 tablespoons chocolate may be added when cool.

MARSHMALLOW ICING

2 cups granulated sugar
⅔ cup boiling water
1 teaspoon lemon juice
¼ teaspoon baking powder
4 tablespoons granulated sugar
3 egg whites

METHOD—Stir sugar and boiling water together until dissolved. Wipe down sides of saucepan. Cover with plate until boiling point is reached; uncover and boil rapidly to 238 degrees F., or until syrup spins thread. Beat egg whites, and 4 tablespoons sugar slowly and continue beating. Pour syrup slowly over eggs, beating continually until thick and beginning to cool. Add lemon juice and baking powder. Continue lifting icing with egg beater until right consistency to spread.

WHITE MOUNTAIN CREAM

1 cup sugar
⅓ cup boiling water
1 egg white
1 teaspoon vanilla
½ teaspoon lemon juice
¼ teaspoon baking powder

METHOD—Stir sugar and water in saucepan. Wash down sides of pan. Bring gradually to boiling point; boil without stirring until syrup threads when dropped from tip of spoon. Pour gradually on beaten egg white, beating mixture constantly until right consistency to spread. Add flavoring and baking powder. Spread evenly over cake with spatula.

If not beaten long enough frosting will run; if beaten too long, it will be grainy.

Frosting beaten too long may be improved by adding a few drops of lemon juice or boiling water.

MILE HIGH ICING

1 tablespoon gelatine
3 tablespoons cold water
1½ cups sugar
½ cup boiling water
2 egg whites
4 tablespoons sugar
1 teaspoon vanilla

METHOD—Soak gelatine in cold water. Boil sugar and water until it spins a thread (238 degrees F.). Add gelatine and pour over well beaten egg whites, to which 4 tablespoons granulated sugar has been added as for meringue. Beat until quite stiff. Add vanilla, lift up and down until cold.

FUDGE ICING

1 tablespoon butter
2 squares chocolate
2 cups sugar
⅔ cup milk
1 tablespoon corn syrup
½ teaspoon vanilla

METHOD—Melt butter and chocolate. Add sugar, corn syrup and milk. Cook until mixture forms a soft ball in water. Cool 12 minutes, add vanilla and beat until creamy; spread on cake, before it loses its gloss.

CHOCOLATE ICING

2 egg yolks
¼ cup scalded rich milk
1 tablespoon vanilla extract
2¼ cups powdered sugar
2 ounces chocolate
1 tablespoon butter

METHOD—To yolks of eggs, add milk, vanilla and powdered sugar. Beat well. Add melted chocolate and butter. Spread on cake.

CHOCOLATE CREAM ICING

⅓ cup cream
1 tablespoon butter
1 egg white
¼ teaspoon salt
1 pound powdered sugar
2 ounces chocolate
1 teaspoon vanilla

METHOD—Beat together, cream, butter, egg white and salt in double boiler. Add sifted sugar until consistency of very soft butter. Allow to stand in double boiler, stirring and beating until very white. Add melted chocolate and flavoring. Beat well before spreading on cake.

CHOCOLATE-BUTTER ICING

2 squares bitter chocolate
⅓ cup hot water
3 tablespoons butter
1 teaspoon vanilla
1 pound powdered sugar

METHOD—Cut chocolate fine, add hot water and cook until thick and creamy. Remove from stove and add butter and vanilla. Sift powdered sugar; add hot chocolate mixture and stir until smooth and of right consistency to spread on cake.

N. B.—If more liquid is necessary to make of spreading consistency, 1 tablespoon coffee or cream may be added.

CHOCOLATE ICING, BOILED

1 cup sugar
2 tablespoons cornstarch
¾ cup water
3 ounces chocolate
1 teaspoon vanilla extract
2 tablespoons butter

METHOD—Sift together sugar and cornstarch. Add water and cook until thick, smooth and translucent. Add chocolate, vanilla and butter. Beat until slightly cool, pour over cake. Do not spread too generously.

CHOCOLATE FROSTING

1 square chocolate, melted
1 cup sifted powdered sugar
2 tablespoons boiling water
⅛ teaspoon salt
¼ teaspoon vanilla

METHOD—Mix all ingredients and beat 2 minutes. Spread upon top of white or chocolate drop cakes, or on chocolate eclairs. Chill before serving.

DECORATING ICING

2 cups granulated sugar
⅔ cup boiling water
¼ teaspoon icing powder or
1 teaspoon lemon juice and ¼ teaspoon baking powder
5 egg whites
½ cup sugar
1/16 teaspoon cream of tartar

METHOD—Place 2 cups sugar in smooth pan; add boiling water. stir until sugar is dissolved; wipe sides of pan. Cover pan, allow syrup to come slowly to boiling point; remove cover, add cream of tartar, boil rapidly. Meantime beat whites of eggs very stiff in large granite pan, gradually adding ½ cup sugar. When syrup is heavy, 238 degrees F., add to white of egg mixture. Beat in well, do not drain last in pan, as it sometimes causes granulation. When all syrup is beaten in, place pan containing icing in larger pan containing water; steam, beating all the while with wire whisk until it piles up and does not sink in pan. If for spreading on cake it is best not to steam too long. Add icing powder or lemon juice and baking powder before removing from stove. Lift up and down with wire whisk until cool. If not used at once, cover with wax paper or damp napkin until ready for use. If used for fancy flowers, lift up and down until cold and holds its shape decidedly. Should stand to ripen at least 1 hour, well covered. Best to use

Marshmallow icing for spreading and this for decorations on wedding cake.

SEVEN MINUTE ICING

⅞ cup granulated sugar
3 tablespoons water
1/16 teaspoon baking powder
1 egg white
1 teaspoon flavoring

METHOD—Place sugar, water, egg white and flavoring in top of double boiler. Be sure water is half way up on inset pan. Let water boil, beating ingredients with Dover egg beater until white and thick. Remove from stove, lift up with spoon until holds its shape. Add baking powder and flavoring.

VARIATION—Orange juice or any other flavored liquid may be used in place of water.

CARAMEL FROSTING, NUT

½ cup granulated sugar
1 cup brown sugar
½ cup Log Cabin syrup
2 egg whites
¼ teaspoon baking powder
1 teaspoon lemon juice
1 teaspoon vanilla
1 cup walnut meats (broken fine)

METHOD—Boil sugar and water to 238 degrees or soft ball stage. Pour gradually, beating constantly, on beaten whites of eggs. Continue beating until mixture is nearly cool. Add baking powder, lemon juice and vanilla. Add nuts and spread, leaving a rough surface.

CARAMEL FROSTING—I

1 cup white sugar
1 cup brown sugar
½ cup milk
1 tablespoon butter
1 teaspoon vanilla

METHOD—Boil sugars and milk until it forms soft ball in water. Remove from stove; allow to stand 10 minutes; add butter and vanilla, beat well. Do not allow to become too firm before spreading.

CARAMEL ICING—II

2 cups granulated sugar
1 cup rich milk
1/16 pound butter
1 teaspoon vanilla

METHOD—Bring to boil 1 cup sugar and milk. Caramelize 1 cup sugar; combine mixtures, stir until all ingredients are perfectly mixed, cook to 240 degrees F., remove from stove. Cool about 12 minutes, beat until

thick and creamy. Add butter and vanilla, spread over cake.

ORANGE ICING

1 egg white — 1 tablespoon grated orange rind
2 tablespoons soft butter
¼ cup orange juice — 1 pound confectioner's sugar

METHOD—Beat egg white, butter and orange juice together slightly; gradually add confectioner's sugar and orange rind, until stiff enough to drop from spoon. If too stiff it may be thinned with a little orange juice or water. Spread on top of cake.

SOUR CREAM ICING

1 cup white sugar — 2 cups sour cream
1 cup brown sugar — ½ cup walnut meats

METHOD—Boil sugars and cream until it forms a soft ball in water. Cool, beat until creamy and add walnut meats. This is very nice with chocolate cake.

APPLE JELLY ICING

1 egg white — 1 cup apple jelly

METHOD—Whip egg white and jelly, which has been slightly broken up, by whip, until very stiff. When thoroughly mixed spread on cake. A Dover egg-beater is best for combining these ingredients, and when properly made is light, stiff and solid.

CREAM FILLING

1 cup milk — 2 tablespoons cornstarch
¼ teaspoon salt — 2 tablespoons sugar
1 egg — 1 teaspoon vanilla extract

METHOD—Scald milk, add cornstarch, salt and sugar, sifted together. Add beaten egg. Cook until thick and smooth; add flavoring and spread between layers of cake.

VARIATION—Brown sugar may be used and flavor used to change cake.

FILLING SUPREME

1 tablespoon lemon juice — 2 egg whites beaten stiff
½ cup orange juice (strained) — 2 cups sugar
4 marshmallows — ¼ teaspoon baking powder
1 teaspoon orange extract

METHOD—Boil sugar, lemon and orange juice together 240 degrees F. Remove from stove, add marsh-

mallows, cut fine. Let stand until marshmallows melt. Add to stiffly beaten egg whites and beat until cold. Flavor with orange extract, add baking powder. Spread only when cold enough not to run. If fails to become stiff, steam over hot water, beating during process.

SEA FOAM ICING

1 cup granulated sugar
1 cup brown sugar
⅓ cup water
1 egg white
¼ teaspoon baking powder
1 teaspoon vanilla

METHOD—Boil sugar and water without stirring until syrup spins a thread. Add hot syrup slowly to beaten egg white, beating continually with wire whip; add flavoring and baking powder. When icing holds up in peaks when beaten, spread between layers and on top of cake. Do not attempt to make this look too smooth on top.

WHIPPED CREAM CHOCOLATE FROSTING

½ pint whipping cream
¼ cup powdered sugar
¼ cup ground chocolate

METHOD—Whip cream stiff. Add powdered sugar and ground chocolate. Spread thickly over cake when cold. Sprinkle top with ground chocolate almond bar.

DIPPING ICING

¼ cup cream
1½ cups powdered sugar
1 teaspoon orange extract
¼ teaspoon salt

METHOD—Mix ingredients in double boiler; heat and stir until well blended together and runny in consistency. Dip squares of cake in icing with wooden spoon; when coated on all sides, remove and allow to drain on wire rack over a platter. All icing that drips off cakes into platter can be reheated and used over again.

When icing begins to be a bit crumbly, roll frosted cakes in ground nuts or shredded cocoanut.

VARIATION I.—These little cakes may be prettily decorated with frills and flowers of icing, or with crystalized fruit. Small, colored gumdrops may be cut in quarters and made into a rose or other flower to garnish tops of these little cakes.

VARIATION II.—To the above recipe 1 square chocolate and 2 tablespoons cream may be added

Desserts—Puddings

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CHAPTER XVIII

DESSERTS—PUDDINGS

AMBROSIA

1 dozen oranges
1 large grated cocoanut
1 cup diced pineapple
1 cup sugar

METHOD—Peel and slice oranges. Mix a layer of cocoanut, orange and pineapple, sprinkling each layer with sugar until dish is full. Have last layer grated cocoanut. Let set in refrigerator 2 hours before serving.

VARIATION

2 cups grated cocoanut
2 slices chopped pineapple
4 oranges
2 bananas
¾ cup sugar

METHOD—Chill 2 hours in refrigerator and serve with whipped cream.

CRACKER MARSHMALLOW ROLL

¼ pound or 1 dozen graham crackers
1 cup dates (stoned and minced)
14 marshmallows cut in small pieces
1 cup nut meats broken in pieces
¼ cup thin cream
¼ teaspoon salt

METHOD—Put crackers through food grinder or roll with rolling pin. Reserve ½ the crumbs; to remainder add dates, marshmallows, (cut fine with scissors dipped frequently in hot water) and nuts. Mix well and add cream. Form into a roll and cover with reserved cracker crumbs. Place in refrigerator and leave 24 hours. Slice and serve with whipped cream.

CHOCOLATE CREAM ROLL

3 eggs
3 tablespoons powdered sugar
3 tablespoons cocoa
Whipped cream

METHOD—Separate eggs, beat yolks until light and add sugar and cocoa. Beat again and fold into egg whites whipped stiff. Transfer to a medium sized pan lined with waxed paper, spreading about ½ inch thick. Bake 10 minutes in oven 350 degrees F. Spread with sweetened whipped cream, roll up, chill and serve sliced, with sliced sweetened peaches, strawberries or canned fruit.

FLOATING ISLAND

2 cups milk
2 eggs, separated
2 tablespoons sugar
¼ teaspoon salt
3 teaspoons lemon juice
¼ cup currant jelly

METHOD—Scald milk, beat egg yolks, sugar and salt; add to hot milk; stir well. Cook slowly in double sauce pan until mixture coats spoon. Cool and flavor. Make a meringue of egg whites, whipped dry, into which jelly has been beaten, a teaspoon at a time. Drop meringue from a spoon on custard, chill and serve.

QUALITY CREAM

(For Cream Puffs, Washington Pie, Etc.)

2 cups milk
1/3 cup flour
2 tablespoons cornstarch
½ cup sugar
2 egg yolks
2 tablespoons sweet sherry flavoring
2 egg whites
¼ cup sugar
1 teaspoon vanilla

METHOD—Scald milk. Sift together dry ingredients. Add to scalded milk in double boiler, stir and cook until clear and thick. Cover and let simmer 10 minutes. Add beaten egg whites. Bananas sliced very thin or drained shredded pineapple may be added to this for variety, for tarts and filling for cakes.

BLANC MANGE

1½ cups milk
½ cup sugar
⅛ teaspoon salt
4 tablespoons cornstarch
2 egg whites beaten stiff
1 teaspoon vanilla

METHOD—Heat milk; mix sugar, salt and cornstarch thoroughly; add hot milk stirring until mixture thickens. Cook over hot water for 10 minutes, add beaten egg whites and flavoring and pour into individual molds which have been rinsed in cold water. Chill and serve with a custard of 2 egg yolks, 2 tablespoons sugar, and 1 cup milk.

VARIATIONS—(1) Chocolate Blanc Mange: Add ½ cup ground chocolate to above recipe. Whites of eggs may be left out.

(2) Brown sugar and maple extract give a delicious maple flavor.

PINEAPPLE BLANC MANGE

½ cup water
½ cup pineapple juice
½ cup sugar
¼ teaspoon salt
3 tablespoons cornstarch
1 cup chopped pineapple

METHOD—Heat water and pineapple juice; shift together sugar, salt and cornstarch. Add to hot liquid. Stir until smooth, cook over hot water 10 minutes, add pineapple. Pour into a mold and set aside to become firm. Unmold and serve with custard sauce.

VARIATION—Orange Blanc Mange: Substitute orange juice and grated rind to above recipe in place of pineapple.

N. B.—Two eggs may be added as in Chocolate Blanc Mange.

ROTHE GRUETZE (Red Gruel)

½ cup sugar
4 tablespoons cornstarch
2 cups raspberry juice
1/3 cup water

METHOD—Sift together sugar, cornstarch, add fruit juice, (2 boxes raspberries cooked with 1/3 cup water until berries are soft, put through sieve and strained). Cook until thick, stirring constantly. Pour into baked tart shells or in sponge cake shells and garnish with whipped cream, or pour into individual molds.

VANILLA WAFER PIE

½ cup sugar
¼ cup flour
1 tablespoon cornstarch
¼ teaspoon salt
1 teaspoon vanilla or lemon flavoring
Fruit
2 cups milk
3 egg yolks

METHOD—Sift together sugar, flour, cornstarch and salt. Add milk. Cook and stir until smooth and thick, add yolks and flavoring, beat well. Butter pie pan, line bottom and sides with wafers or nabiscoes. Over this place a layer of either ripe figs, sliced bananas, or peaches. Top with custard filling and another layer of fruit. Cover with meringue of 3 egg whites and 7½ tablespoons sugar. Place in broiler and brown meringue. When ready to serve, cool, top with whipped cream.

APPLE ROLL

Part 1

2 cups flour (bread)
1 teaspoon salt
2 teaspoons baking powder
3 tablespoons shortening
½ cup cold water

Part 2

4 medium sized cooking apples
⅔ cup seeded raisins
6 tablespoons sugar
½ teaspoon cinnamon
3 tablespoons butter

1½ cups sugar
1 cup water
1 tablespoon lemon juice

METHOD—Sift together flour, salt and baking powder. Cut in shortening lightly, add enough water to make rather stiff dough. Roll out on cheese cloth about ¼ inch thick. Peel apples, chop small, add washed raisins, sugar and cinnamon. Spread this mixture over dough and dot with butter. Roll like a jelly roll by lifting cheese cloth. Cut this roll in slices about 1 inch thick and place in baking dish. Bake in syrup in oven 450 degrees F., until brown; reduce temperature to 350 degrees F., bake until all the syrup has been absorbed. (40 to 45 minutes in all). Steamed apricots or peaches (unsulphured) may be used.

APPLE PUDDING

1 cup apples, peeled, cored and forced through food chopper
¾ cup granulated sugar
1 cup soft bread crumbs, sifted
½ cup raisins
½ cup nuts
3 egg whites, beaten well
¼ cup soft butter
1/3 cup water
1 teaspoon soda
½ teaspoon spices
½ teaspoon salt

METHOD—To apples, add sugar, bread crumbs, raisins, nuts, water, soda, spices and salt. After mixing well, add butter and stiffly beaten egg whites. Butter a melon mold, sprinkle with fine bread crumbs, pour in mixture and steam three hours. Serve with Butter Sauce.

BUTTER SAUCE

1 tablespoon flour
½ tablespoon cold water
½ cup boiling water
1/3 cup butter
1 cup confectioner's sugar
Flavoring

METHOD—Mix flour and water to smooth paste, add to boiling water and cook 5 or 6 minutes, and cool. Cream butter, add sugar gradually and when soft and creamy add to first mixture, combining slowly and carefully. Flavor with vanilla, lemon, or wine. Use when dinner has been of a light nature.

APPLE CRISP

6 apples, sliced
½ cup water

1 cup sugar
¾ cup flour
1 teaspoon cinnamon
½ cup soft butter

METHOD—Spread apples in oiled glass baking dish (don't use too deep a pan). Add water. Mix together sugar, flour, cinnamon and stir into the softened butter. Spread this mixture over apples. Bake for 40 minutes in oven 400 degrees F. Serve with hard sauce or whipped cream.

BAKED APPLE DUMPLING (A New Way)

½ teaspoon salt
1½ cups pastry flour, sifted
3 teaspoons baking powder
Apples
¼ cup shortening
½ cup milk

METHOD—Fill cups of a buttered muffin pan with pared, sliced apples; sprinkle with sugar. Pour 2 tablespoons water into each cup. Sift together flour, salt and baking powder; work in shortening and mix to a soft dough with milk. Drop dough from spoon upon apples in cups, smoothing tops. Bake about 25 minutes at 400 degrees. Invert pan on large serving dish. Put a spoon of hard sauce over apples in each dumpling and finish with a grating of nutmeg. Other fruit such as peaches or berries may be used the same way, serving with cream or hard sauce.

DUTCH APPLE CAKE

2 cups flour
½ teaspoon salt
3 tablespoons sugar
2 eggs
1 cup milk
4 tablespoons melted shortening
Sliced apples
Melted apple jelly

METHOD—Mix and sift dry ingredients, beat eggs; add liquid and melted shortening. Combine mixtures. Pour batter in oiled, glass baking dish. Place sliced apples over top of batter to cover. Bake in oven 350 degrees F., until mixture is risen, which will be about 20 minutes. Remove from oven, pour over the apples, melted apple jelly to cover (apples will not cook unless there is moisture added). Replace in oven for 20 minutes or until done and fruit is well glazed. Time about 40 minutes for whole baking.

BLACKBERRY ROLL

Part 1

2 cups flour (bread)
3 tablespoons shortening

2 teaspoons baking powder
½ teaspoon salt
⅔ cup cold water or milk
3 tablespoons butter

Part 2

3 cups blackberries
½ cup sugar
1 tablespoon flour

Part 3

1 cup sugar
1 cup water

METHOD—Sift together flour, baking powder and salt. Cut in shortening, add only enough milk or cold water to make firm dough. Roll out on floured cheese cloth about ¼ inch thick, spread lightly with butter. Add a generous thickness of berries, mixed with sugar and flour. Roll like a jelly roll with aid of cloth. Quickly transfer to a deep baking dish in which 1 cup sugar and water have been boiled, together 5 minutes. Place in oven 457 degrees F., when beginning to brown reduce to 350 degrees. Bake about ¾ hour. No sauce needed.

PEACH COBBLER

Peaches
2 cups flour
½ teaspoon baking powder
½ teaspoon salt
½ cup shortening
¼ cup milk or water

METHOD—Select for this purpose a clingstone peach beginning to turn soft. Slice them an hour before the time cobbler is to be made and sprinkle generously with sugar and a bit of cinnamon. Line a deep pan with soft pie crust. Fill cavity with peaches, dot over with butter and cover with a thin pie crust, generously perforated. Bake in a hot oven.

PEACH SHORTCAKE

2 cups flour
4 teaspoons baking powder
¼ teaspoon salt
1 teaspoon sugar
4 tablespoons fat
1 egg
1 cup milk

METHOD—Sift together flour, baking powder, salt and sugar. Cut in fat with knife. Add egg and milk and when well blended, pour into two oiled layer-cake pans. Bake at 350 degrees F., for 15 minutes. Add the following:

PEACH MIXTURE

1 cup sliced canned peaches
2 tablespoons butter
1/3 cup sugar
1 teaspoon cinnamon

METHOD—Mix ingredients and spread on top of one layer of the cake. Quickly top with the other and cover with meringue.

MERINGUE

2 egg whites
4 tablespoons sugar

METHOD—Beat egg whites, add sugar and beat for 1 minute. Quickly cover top and sides of shortcake. Bake in oven at 300 degrees for 10 minutes. Serve warm.

CHERRY PUDDING

2 cups flour
3 tablespoons sugar
½ teaspoon salt
¼ cup butter
2 eggs
2 teaspoons baking powder
¾ cup milk
2 cups stoned cherries
¾ cup sugar
2 tablespoons butter
2 tablespoons flour

METHOD—Sift together flour, sugar, baking powder, salt and work in butter. Beat eggs, add milk and stir into flour. Half fill a pyrex baking dish with fruit, add sugar, flour and bits of butter. Pour batter over top of fruit. Bake slowly for 15 minutes, increase heat and bake until pastry is done. Turn on a plate with cherries uppermost. Serve with hard sauce or sweet cherry sauce.

VARIATION—Other fruits such as apples, peaches, berries or bananas may be used.

COTTAGE PUDDING

2 tablespoons shortening
1 egg
4 tablespoons sugar
1 cup flour
1 teaspoon baking powder
½ cup milk
1 teaspoon flavoring

METHOD—Cream shortening, stir in yolk, when well mixed add sugar, stirring well. Sift flour and baking powder together, add this to mixture, a little at a time, alternating with milk. Add flavoring and fold in beaten egg white. Bake in cake pan. Serve with lemon sauce or fruit.

SNOW BALLS (Steamed)

2¼ cups flour
3 teaspoons baking powder
1 teaspoon salt
1 cup sugar
½ cup shortening
½ cup milk
4 egg whites

METHOD—Sift together flour, baking powder and

salt at least four times. Cream sugar and shortening; add milk alternately with flour mixture. Fold in beaten egg whites and pour in oiled, floured muffin pans, individual molds, or jelly glasses. Steam for 40 minutes. Place the molds in hot water, which should reach as high on the mold as the batter. Turn out on dessert plates and garnish with mashed strawberries and whipped cream or fondant sauce.

STEAMED CHOCOLATE PUDDING

1 egg
½ cup sugar
½ cup milk
2 teaspoons baking powder
¼ teaspoon salt
1½ cups flour
½ cup cocoa or ground chocolate
2 tablespoons melted butter
1 teaspoon vanilla

METHOD—Beat egg, add sugar, milk, and dry ingredients which have sifted together. Lastly add melted butter and vanilla. Pour batter into buttered cups or into one large mold, and steam 45 minutes for individual molds or 1 hour for the large pudding. Serve with cream sauce made as follows:

CREAM SAUCE

1 egg yolk
½ cup sugar
1 tablespoon melted butter
½ pint whipped cream
1 egg white

METHOD—Beat egg yolk, sugar and butter together; blend gently with whipped cream, and lastly fold in beaten egg white.

SHORTCAKE FOR SIX

2 cups flour
1 teaspoon salt
4 teaspoons baking powder
2 tablespoons sugar
4 tablespoons shortening
¾ cup milk

METHOD—Sift dry ingredients together, gently pinch in shortening, add milk. Toss and roll on floured board and shape on baking sheet. Bake in hot oven, when brown brush over with melted butter and split crosswise. Spread lower layer with mashed or sliced berries and powdered sugar. Cover top with whole and mashed berries and garnish with whipped cream.

This dough may be rolled out and cut for individual shortcakes or biscuits.

Pastry bag and tube may be used to pipe cream.

STRAWBERRY DUMPLINGS

Part 1

1 whole egg (unbeaten)
1 tablespoon melted butter
1 teaspoon baking powder
¼ teaspoon salt
1 teaspoon sugar
3 tablespoons flour

METHOD—Combine in order given, add flour to make drop batter stiff enough to hold its shape. Drop from end of tablespoon into:

Part 2

2 boxes strawberries
1 cup sugar

METHOD—Wash, hull and mash berries. Place in porcelain saucepan with sugar; when boiling add the dumplings. Cover and cook with flame lowered for 15 minutes. Serve with strawberries and a little whipped cream.

N.B. These dumplings may be cooked in raspberry and blackberry sauce with equally good results.

STRAWBERRY FILLING FOR SHORTCAKE

I

1 cup sugar
1 cup strawberries
1 egg white

METHOD—Beat sugar, strawberries and egg until of the consistency of stiff meringue. Flavor as desired. Spread this mixture between layers and on top of cake. Use Dover egg beater and a deep narrow bowl.

II

2 cups fruit
¼ cup soft butter
1 tablespoon lemon juice
1 cup powdered sugar

METHOD—Mash half of fruit, combine with butter and sugar and fold in balance of fruit whole. Peaches, figs, berries or bananas may be used.

STEAMED STRAWBERRY SHORTCAKE

2½ cups flour
½ teaspoon salt
½ cup sugar
¼ cup butter
1 egg
1 cup milk
2 cups mashed, hulled berries.
3 teaspoons baking powder

METHOD—Sift together dry ingredients and cut in butter. Beat egg and milk, add to mixture. Add whole berries. Turn into an oiled mold and steam 3 hours. Serve hot with mashed sweetened strawberries.

N.B. Turban mold with stack in center is preferred, though baking powder cans will answer.

WOODFORD PUDDING

½ cup shortening
1 cup sugar
½ teaspoon salt
1½ cups flour
3 eggs (well beaten)
1 teaspoon soda
1 teaspoon nutmeg
¾ cup buttermilk or sour cream
1 cup blackberry jam

METHOD—Cream shortening and sugar well, add salt. Add eggs beaten together until light. Sift together flour, soda and nutmeg; add alternately to first mixture with sour cream. Add jam last. Bake at 350 degrees for about 45 minutes, depending on thickness of batter. Serve with the following sauce:

WOODFORD SAUCE

2 tablespoons butter
2 cups powdered sugar
1 tablespoon sherry-wine flavoring
¼ teaspoon salt
1 teaspoon lemon juice

METHOD—Cream butter, add sugar gradually. Add salt, lemon juice and flavoring. Beat well and serve on Woodford Pudding.

CARROT PUDDING (Steamed)

½ cup shortening
1 cup brown sugar
1 cup grated raw carrots
1 cup grated raw potatoes
1 cup seeded raisins
1 cup nuts
1½ cups flour
1 teaspoon salt
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon nutmeg
1 teaspoon soda
1 tablespoon hot water

METHOD—Cream shortening and sugar; add carrots, potatoes, raisins and nuts. Sift together flour, salt and spices and add to mixture. Dissolve soda in hot water and add, mix well. Steam for three hours; serve with hard sauce.

PLUM PUDDING

3 eggs
½ cup butter
½ cup sugar
1 cup raisins
½ cup crystallized fruit (cut)
¼ cup citron (cut)
½ cup Guasti Port or Sherry Flavoring
2 tablespoons lemon juice
1 teaspoon vanilla
1 teaspoon wild cherry extract
½ cup apricot jam
½ teaspoon cinnamon

1 cup currants
½ cup flour
1 teaspoon baking powder
½ teaspoon nutmeg
½ teaspoon soda
2 cups bread crumbs

METHOD—Beat butter, sugar and eggs. Add all fruits, spices and liquids. Add crumbs. Sift together flour, baking powder, soda and add last. Steam 4 hours in buttered mold or less time for smaller molds. Serve with hard sauce.

N.B. May be removed from mold at once when cooked and then replaced when cool. Will keep perfectly this way until ready to reheat and serve.

CHRISTMAS PLUM PUDDING

1 pound butter
1 pound brown sugar
8 whole eggs
½ pound chrystalized pineapple
1 cup orange marmalade
½ pound citron, orange and lemon peel
¼ cup lemon juice
¼ cup Guasti Port Wine flavoring
1 grated nutmeg
½ teaspoon cloves
2 teaspoons cinnamon
1 pound currants
2 pounds raisins
½ pound cherries
½ pound almonds
½ pound pecans
½ pound bread crumbs
2 teaspoons baking powder
1 pound browned flour

METHOD—Cream butter and sugar well; add eggs. Stir in fruits and nuts; add marmalade, flavorings, spices and bread crumbs. Lastly add baking powder and flour which have been sifted together. Steam for 3 hours in well-buttered, melon or crown mold, or use 1-pound baking powder cans and steam 1¼ hours. Serve with brown sugar sauce with wine flavoring or hard sauce.

N.B. One cup suet and 1 teaspoon salt may be used instead of butter if liked.

DATE CAKE OR PUDDING

½ teaspoon soda
1 cup boiling water
1 cup dates
1 cup sugar
3 tablespoons shortening
2 teaspoons baking powder
1 egg
¾ cup flour
¼ teaspoon salt
½ cup nuts

METHOD—Mix soda and boiling water, pour over dates and let stand few minutes. Cream sugar and shortening, add egg, flour, baking powder, salt, beat well and

add dates, hot water and nuts. Bake slowly in oven 300 degrees for 35 to 45 minutes.

May be served with whipped cream as a pudding or put together with butter icing.

GRAPENUTS PUDDING

2 eggs
¾ cup sugar
1 tablespoon flour
1 tablespoon lemon juice
¼ teaspoon nutmeg
⅛ teaspoon salt
3 cups milk
1 cup grapenuts

METHOD—Beat egg yolks, add sugar, flour, flavoring, salt, milk, and grapenuts. Place in buttered baking dish, let stand 15 minutes; set in pan of hot water and bake 45 minutes in oven 350 degrees F., until a knife when inserted will come out clean. Serve with cream or orange marmalade sauce.

VARIATION—Egg whites may be beaten separately and added to custard before pouring into pan. This results in a cake like top.

CUSTARD SOUFFLE

2½ tablespoons butter
3 tablespoons flour
¾ cup scalded milk
3 egg yolks
3 tablespoons sugar
1/3 teaspoon salt
3 egg whites
Fresh fruit cut in pieces and sprinkled with sugar
Whipped cream

METHOD—Melt butter, add flour, blend thoroughly. Add scalded milk gradually and stir cooking mixture until thick. Add beaten egg yolks, sugar and salt. Stir until smooth and cool. Add egg whites and fold in custard mixture. Turn into buttered baking dish, bake 20 minutes in oven 400 degrees F. Serve with fresh fruit cut in small pieces, top with whipped cream or ice cream.

ALMOND TORTE

¾ cup sugar
6 egg yolks
1 cup grated almonds
1 1/3 cups grated zwieback
1 tablespoon lemon juice
1 tablespoon grated lemon rind
½ teaspoon cinnamon
½ teaspoon cloves
2 teaspoons baking powder
6 egg whites

METHOD—Cream together sugar and egg yolks. Mix almonds, zwieback, spices and baking powder together,

add with lemon juice and rind. Fold in stiffly beaten egg whites last. Pour into oiled and floured pan, bake in moderate oven, 350 degrees, for 45 minutes. When nearly done, sprinkle lightly with sugar. Remove from pan and place on rack to cool. Serve with or without whipped cream.

SCHAUM TORTE

5 egg whites
1/16 teaspoon salt
¾ teaspoon cream of tartar
1 cup fine granulated sugar
1 teaspoon vinegar

METHOD—Add salt to egg whites, beat until light; add cream of tartar and beat until stiff. Gradually add ½ of sugar, beating continuously. Add vinegar and balance of sugar. Put into slightly buttered pan, (Pyrex oblong cake pan can be used). Place this in a larger pan containing hot water and bake in oven 300 degrees for 45 minutes. Turn out on large platter, cool, fill with ice cream or fruit and whipped cream.

N.B. This should be turned out first on a wire rack, then onto a platter, so that browned part will be up. Cuts like cake

DOLLY'S DESSERT (A Simple Meringue)

3 egg whites
1/16 teaspoon salt
1 cup sugar
1 teaspoon vinegar

METHOD—Beat egg whites with salt until stiff; add sugar gradually, beating all the while and add vinegar. Put into buttered Pyrex casserole, bake for one hour at 300 degrees.

N.B. This will come out crusty, like kisses. The center may be broken and filled with fruit, whipped cream or ice cream.

STEAMED CHOCOLATE SOUFFLE

1⅔ cups milk
½ cup chocolate
⅛ teaspoon salt
½ cup sugar
¼ cup butter
¼ cup flour
3 eggs

METHOD—Scald milk, chocolate, salt and sugar together in double boiler, keeping mixture hot until chocolate is entirely blended. Blend shortening and flour in sauce pan, add chocolate mixture, stirring until it boils. Cool, add yolks of eggs, well beaten, and fold in whites

beaten stiffly. Turn into a well oiled mold, cover with waxed paper and steam ¾ hour. Use electric cooker, or place on rack in oven and cover the vessel. Serve with vanilla sauce, sweetened whipped cream flavored with vanilla, or with custard.

DATE SOUFFLE

2 tablespoons butter
2 tablespoons flour
¾ cup milk
12 California dates, stoned and diced
3 eggs, separated
3 tablespoons sugar
⅛ teaspoon salt

METHOD—Place melted butter and flour in saucepan, stir together until blended, add milk; cook until thick. Separate eggs, beat yolks thick; add to white-sauce which has been cooled. Add sugar, dates and salt. Fold in stiffly beaten egg whites. Transfer to oiled baking dish and bake 25 minutes in oven, 375 degrees F. Serve immediately, accompanied by any sweet, rich sauce or cream.

LEMON SOUFFLE

3 egg yolks
6 tablespoons powdered sugar
1½ lemons, (grated rind)
1 tablespoon lemon juice
⅛ teaspoon salt
3 egg whites

METHOD—Beat yolks thick, add powdered sugar and grated lemon rind, lemon juice and salt. Cook in double boiler until thick. Fold in stiffly beaten whites. Remove from stove. Pour in mold or individual glasses and place in refrigerator until ready to serve.

APRICOT WHIP

1 cup apricot pulp
½ cup marshmallows (quartered)
2 tablespoons lemon juice
3 egg whites
1 tablespoon cracker meal

METHOD—Wash ⅔ cup evaporated apricots, soak several hours in ½ cup water. Cover and steam for 1 hour, rub through a coarse sieve to get 1 cup pulp. Add marshmallows, lemon juice and mix thoroughly. Fold in stiffly beaten egg whites and cracker meal, turn into buttered baking dish, set in pan of hot water, in oven 300 degrees F., until firm in center. Serve hot with cream.

N.B. May be used to fill baked pie shell.

SURPRISE APPLES

1 quart tart, sliced applies
1 cup sweet cider
1 cup sugar
⅔ cup orange juice
2 tablespoons lemon juice
2 tablespoons grated lemon and orange rind
2 tablespoons gelatine
½ cup cold water
2 egg whites
1 cup whipped cream

METHOD—Cook fruit in cider until tender, pass through a sieve. Stir in sugar, juice, grated rind. Simmer slowly 15 minutes, stir in gelatine softened in cold water. Allow mixture to cool but not congeal; add stiffly beaten egg whites, beat until light and gradually fold in whipped cream. Scoop out inside of large red apples just before ready to fill. Fill with mixture then replace slice that has been cut off stem end. Serve 1 to each person. These are a delicious accompaniment to roast pork or turkey. If liked the whipped cream and egg white may be omitted with good result. Apples should not be peeled.

MARSHMALLOW CREAM

2 tablespoons gelatine
½ cup cold water
½ cup boiling water
½ cup granulated sugar
4 eggs
1 teaspoon vanilla
1 tablespoon lemon juice

METHOD—Soak gelatine in cold water 5 minutes; add to boiling water and sugar and stir until thoroughly dissolved. Cool, beat whites of eggs very light, and to eggs, add gelatine, a few spoonsful at a time, beating constantly. Divide in two parts, and to 1 part add pink coloring and flavor with vanilla. To white part add 1 tablespoon lemon juice. Mold in layers, adding pecan nuts to pink part and marchino cherries to white part. May be served with or without cream.

CHOCOLATE PUDDING

Part 1

1 envelope gelatine
½ cup cold milk

Part 2

½ cup sugar
3 tablespoons chocolate
½ cup boiling water
2 cups milk

Part 3

1 cup whipped cream
Pinch salt
1 teaspoon vanilla

METHOD—Soften gelatine in cold milk. Combine sugar, chocolate, boiling water and milk. Allow to cool few minutes; add gelatine, stir until dissolved. Cool. Add whipped cream, vanilla, salt, folding in carefully. Pour into ring mold or individual molds that have been rinsed in cold water. When ready to serve dip mold in tepid water for a moment and turn out on plate. Serve with whipped cream.

N.B.—Cream may be omitted and ½ cup milk added to original recipe.

STRAWBERRY BAVARIAN CREAM

1 tablespoon granulated gelatine
¼ cup cold water
1 cup strawberry pulp
1 tablespoon lemon juice
½ cup sugar
1 cup cream

METHOD—Soak gelatine in cold water 5 minutes; dissolve over hot water. Add dissolved gelatine to strawberry pulp; add lemon juice and sugar and fold in stiffly beaten cream. Turn into cold mold and chill.

PINEAPPLE GELATINE WHIP

1 envelope gelatine
1 cup cold water
½ cup sugar
1 cup hot pineapple juice
¼ cup lemon juice
1 cup grated pineapple

METHOD—Soften gelatine in cold water, dissolve sugar in hot pineapple juice. Add hot pineapple juice to gelatine and stir until dissolved; cool. Add lemon juice. When ready to congeal beat and add pineapple pulp. Pour into mold which has been rinsed in cold water and chill thoroughly. Serve with crushed strawberries.

STRAWBERRY SPONGE

1 envelope gelatine
½ cup cold water
½ cup boiling water
1 cup sugar
2 tablespoons lemon juice
1 cup crushed strawberries
3 egg whites
1 cup whipped cream

METHOD—Soften gelatine in cold water, dissolve in boiling water; add sugar, lemon juice, cool and add strawberries. Chill, beat with wire beater until frothy; add stiffly beaten egg whites, fold in whipped cream. Mold.

BANANA SPONGE

2 tablespoons gelatine
6 tablespoons cold water
1/3 cup sugar
1 cup whipped cream

2 cups bananas
4 tablespoons lemon juice
1 cup stale macaroon crumbs

METHOD—Soften gelatine in cold water. Press bananas through ricer. Stir and cook lemon juice and sugar over flame until boiling, add gelatine. Allow to cool on ice; when beginning to set add banana pulp, whipped cream and macaroon crumbs. When cold enough to hold its shape, dispose in glass cups and decorate with a spoon of whipped cream, or mold.

PRINCESS PAT

1½ cups crumbs
2 cups milk
¼ cup sugar
1 egg yolk
¼ teaspoon vanilla
Jelly
1 stiffly beaten egg white

METHOD—Cook crumbs, milk, sugar and salt in double boiler 5 minutes. Add egg yolk and vanilla. Pour into an oiled baking dish and cool. Spread with jelly and dot with meringue. Cook in oven 300 degrees F., for 15 minutes. This mixture may be poured into a cooked pie shell before placing meringue on if liked.

FOOD FOR THE GODS

6 eggs
2 cups brown sugar
1 pound walnuts
½ pound dates (chopped)
7 tablespoons cracker crumbs
¼ teaspoon salt

METHOD—Beat yolks of eggs, add sugar and cream together well. Add nuts, chopped dates, and cracker crumbs. Lastly add beaten egg whites, bake in oven 300 degrees F., for 30 minutes. Cut in squares and serve with whipped cream.

ICE CREAM PIES—INDIVIDUAL

Line small individual pie pans with pastry, bake in oven 450 degrees F. When cold and ready to serve, cover with solid slice of ice cream. Cover with meringue and bake in oven 375 degrees F., until slightly brown. Serve at once. May be run under flame of broiler oven.

MERINGUE (For 8 People)

3 egg whites
¼ teaspoon cream of tartar
6 tablespoons sugar

METHOD—Whip egg white stiff, add cream of tartar, and beat until stiff enough to stand. Add sugar very

slowly, beating continually. Press through pastry tube to cover ice cream, run in oven.

SPICED LEMON JELLY WITH BANANA CREAM SAUCE

1½ cups sugar
2¼ cups water
2 tablespoons grated lemon rind
8 whole cloves
1 3-inch piece of cinnamon
3½ tablespoons gelatine
½ cup cold water
⅔ cup lemon juice
⅓ cup cold water
Glace fruits cuts in small pieces.

METHOD—Cook together sugar, water, lemon rind, cloves, stick cinnamon for 5 minutes. Add gelatine softened in ½ cup cold water and when dissolved add ⅔ cup lemon juice, 1/3 cup cold water and strain. When jelly begins to set add glace' fruits cut in small pieces. Mold in ring and when mixture is turned out fill center with sauce.

BANANA CREAM SAUCE

1 tablespoon butter
1 tablespoon flour
¼ cup sugar
½ cup milk
1 egg yolk
1 banana
Pinch salt
½ cup whipped cream

METHOD—Cream butter, flour, and sugar. Scald milk in double boiler, combine mixtures and stir until thickened. Add egg yolk and cool 3 minutes. Add banana forced through a sieve and pinch of salt. Chill and add whipped cream.

SNOW PUDDING

2 tablespoons granulated gelatine
¼ cup orange or lemon juice
1½ cups boiling water
¾ cup sugar
2 egg whites

METHOD—Soak gelatine in cold water to cover, for 5 minutes. Add to boiling water, stir over hot water until dissolved if necessary, and add sugar. Cool, turn in fruit juice, and let "set" until consistency of an egg white. Beat egg whites dry, add to gelatine mixture and whip till white and frothy. Pour into mold and let stiffen. Serve with soft custard made with egg yolks.

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Icebox Desserts

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CHAPTER XIX
ICEBOX DESSERTS

DELMONICO PUDDING

2 tablespoons gelatine
2¼ cups milk
2 eggs
½ cup sugar
⅛ teaspoon salt
1 tablespoon vanilla
1 cup whipped cream

METHOD—Soften gelatine in ¼ cup cold milk. Bring 2 cups milk to boiling point in double boiler; beat yolks of eggs, sugar, salt and add to scalded milk. Cook until it coats spoon, remove from stove and stir in gelatine. When about to congeal, fold in beaten egg whites, extract and cream. Mold with alternate layers of broken macaroons and crystallized cherries.

CHARLOTTE RUSSE (Original of Ice Box Cake)

1 pint double cream
2 egg whites
1 tablespoon sweet sherry flavoring
1 teaspoon vanilla
Lady fingers
Nuts, (crystallized fruits if desired)
½ cup powdered sugar
1 teaspoon gelatine

METHOD—Whip cream and beat egg whites. Add sugar to eggs and slowly add, drop by drop, gelatine which has been softened in cold water and dissolved by holding over steam. Combine mixtures, flavor. Line a bowl with lady fingers or sponge cake, add charlotte. Cover top with lady fingers and nuts. Crystallized fruits may be added if liked.

MACAROON BAVARIAN CREAM

¾ cup sugar
½ cup boiling water
1 tablespoon gelatine
2 tablespoons cold water
2 egg whites
½ cup crumbled macaroons
1 teaspoon vanilla
1 teaspoon lemon juice
1 cup heavy cream
¼ cup maraschino cherries

METHOD — Boil sugar and water, add gelatine, soaked in cold water, and stir until dissolved. Pour over egg whites, whipped stiff, beating constantly until cold. Fold in vanilla, lemon juice, whipped cream, cherries, cut in eighths, and macaroons. Set aside in mold to chill. When ready to serve un-mold and garnish with whole or halved cherries.

PETER PAN

1 pint whipped cream
⅓ cup sugar
1 tablespoon gelatine
¼ cup cold water
3 tablespoons ground chocolate
1 teaspoon vanilla
½ cup strawberries

METHOD—Whip cream and sweeten. Soak gelatine in cold water and dissolve over steam; cool. Add gelatine to whipped cream very slowly. Divide into three parts. To 1 part add ground chocolate. To second part, add vanilla. To third, add mashed strawberries. Put in tray of mechanical refrigerator a spoon of chocolate, then one of vanilla, then strawberry, and so on until all is used. Allow to freeze 3 hours.

N. B.—If desired, chopped walnuts may be added to vanilla cream and in others some dry sponge cake broken into small pieces, or pack in pail solidly with ice and salt and let freeze, covered, 3 hours.

MAE MURRAY DESSERT

1 can apricots
2 bananas
¾ cup orange marmalade
1 teaspoon gelatine
1 tablespoon cold water
1 cup whipped cream

METHOD—Put apricots and bananas through colander; combine with marmalade and liquid from can of apricots. Soak gelatine in cold water 5 minutes, dissolve cream, pour into tray of mechanical refrigerator or into auto vacuum freezer and allow to freeze for 3 hours.

LEMON ICEBOX PIE

1 tablespoon gelatine
½ cup cold water
⅔ cup boiling water
½ cup sugar
⅛ teaspoon salt
½ cup lemon juice
2 egg yolks
2 egg whites

METHOD—Soak gelatine in cold water about 5 minutes. Add boiling water, sugar, salt and stir until dissolved. Add lemon juice. Beat egg yolks into mixture and cook in top of double boiler until it coats the spoon. Cool. Whip until stiff enough to hold its shape; fold in stiffly beaten egg whites. Pour into baked pastry shell and chill before serving. This may be molded if liked.

LEMON ICEBOX CAKE

¾ cup sugar
1 tablespoon flour
3 egg yolks
1 cup milk
1 tablespoon butter
1 tablespoon gelatine
3 tablespoons cold milk
¼ cup lemon juice
1 teaspoon grated lemon rind
3 egg whites
24 lady fingers
1 cup whipped cream

METHOD—Sift sugar and flour together; add to beaten egg yolks. Add scalded milk and butter and cook over hot water until thick and smooth. Add gelatine soaked in milk, lemon juice and rind. Cook slightly and add stiffly beaten egg whites. Cover sides and bottom of deep cake pan with halved lady fingers. Pour in lemon mixture. Cover top with lady fingers.

CHOCOLATE ICEBOX CAKE

8 ounces sweet chocolate (½ pound)
4 egg yolks
1 cup milk
1 tablespoon gelatine
¼ cup cold water
3 tablespoons powdered sugar
1 teaspoon vanilla
4 egg whites
2½ dozen lady fingers

METHOD—Melt chocolate in double boiler; beat in egg yolks; add milk, gelatine, softened in cold water, powdered sugar and vanilla; stir well. Allow to cool and add stiffly beaten egg whites. Line mold or cake pan with lady fingers, set upright. Be sure they are close together. Pour in chocolate mixture. Set in refrigerator 24 hours, or until set. Serve with whipped cream.

ALMOND CREAM ICEBOX CAKE

2 tablespoons sugar
1 teaspoon cornstarch
¼ teaspoon salt
½ cup milk or cream
1 tablespoon Sherry Wine flavoring
2 egg yolks
¾ cup blanched almonds
½ teaspoon vanilla

METHOD—Mix sugar, cornstarch and salt together. Add milk and cook 5 minutes. Stir in egg yolks, which have been slightly beaten and cook in double boiler until thick and creamy. Add almonds, which have been blanched, slightly browned and chopped fine. Add flavorings. Cool before spreading between layers of cake, or filling a lady finger lined mold.

ORANGE ICEBOX CAKE

¾ cup sugar
2 cups water
2 tablespoons gelatine
½ cup cold water
2 eggs
2 tablespoons lemon juice
1 orange (shredded pulp)
2 cups whipped cream
½ pound marshmallows
1 cup chopped nuts
2 dozen lady fingers

METHOD—Boil sugar and water 20 minutes; soften gelatine in cold water. Add to boiling water. When thoroughly dissolved and slightly cool, add to beaten eggs. Continue beating; add lemon juice and strain. Add orange juice and pulp, place in refrigerator to cool. Beat with wire whisk until light; add whipped cream and marshmallows, cut in quarters. Mix well; add nuts. Line mold with lady fingers, alternate layers of cream filling with crumbled lady fingers. Set in refrigerator to congeal; serve with whipped cream.

VARIATION—PINEAPPLE ICEBOX CAKE: Pineapple juice and shredded pineapple may be used instead of orange.

CARAMEL ICEBOX CAKE

1 can condensed milk (Eagle Brand)
2 tablespoons gelatine
1 cup milk
1 egg white
1 sunshine cake or lady fingers
1 cup whipped cream
¼ cup nuts
¼ cup candied cherries

METHOD—Place can of milk in boiling water and boil 2 hours. Soften gelatine in cold milk; beat into hot condensed milk until dissolved. When cold and ready to congeal, add beaten egg white and whipped cream. Add nuts and cherries. Remove center of sunshine cake and fill with this mixture, alternating layers of cream and removed sections of cake. Place in ice box until ready to serve. Garnish with whipped cream, cherries and nuts.

LADY PUDDING—ICE BOX CAKE

2 tablespoons gelatine
¼ cup cold water
2 cups whipping cream
¼ cup sugar
¼ cup maraschino cherries
½ cup grated pineapple
½ cup blanched almonds
1 dozen stale macaroons

1 teaspoon vanilla
12 marshmallows
Lady fingers

METHOD—Soften gelatine in cold water and dissolve over hot water. Beat cream until stiff and add sugar and vanilla. Fold in gently the marshmallows, cut in small pieces, cherries, cut in halves and pineapple. Chop almonds fine and add to cream. Fold in gelatine. Crush macaroons. Line mold with lady fingers. Pour in a layer of the cream mixture, sprinkle in a layer of macaroon crumbs, alternate until mold is filled, having last layer cream. Set in refrigerator 3 hours to become firm. When ready to serve, unmold, garnish with whipped cream and maraschino cherries.

FRENCH PIE (Frozen)

Fine pastry
3 egg whites
1 cup sugar
3 egg yolks
½ cup boiling water
1 cup flour
1 teaspoon baking powder
1 teaspoon lemon juice

METHOD—Line 2 cake pans with fine pastry. Pans with removable bottoms are best to use. Beat whites until stiff, add ¾ cup sugar gradually, beating well. Add ¼ cup sugar to yolks, then add boiling water. Yolks should be creamy and light like custard. Combine whites and yolks, fold in flour, sifted with baking powder. Add lemon juice. Cut and fold until it has all been incorporated.

Oven should be 500 degrees F., for pastry, reduce to 275 degrees F., to bake cake batter. When baked allow to cool, place layer of "Quality Cream", (see chapter on "Icings and Fillings"), between layers, cover top and sides with soft butter icing. Place this in round tin (5 lb. marshmallow box will serve), pack in ice and salt 4 times as much ice as salt, for 3 hours; or place in mechanical refrigerator. Remove from box, garnish with whipped cream, nuts and cherries.

N. B.—Eggnog pie filling (see chapter on "Pastry") may be used in above recipe.

STRAWBERRY DELICIOUS

4 tablespoons powdered sugar
Pinch salt
1 cup strawberries, sliced
2 tablespoons pistachio nuts, chopped

8 marshmallows, quartered
1 cup cooked rice
¾ cup whipping cream

METHOD—Whip cream and add ingredients in order given. Put in tray of mechanical refrigerator until frozen; or place in any ice box until thoroughly chilled. Serve in parfait dishes and garnish with strawberries and chopped nuts.

PINEAPPLE FLUFF

2 tablespoons sugar
1 tablespoon cornstarch
1 egg
½ cup pineapple juice
1 cup diced pineapple
⅓ cup whipped cream
½ teaspoon vanilla

METHOD—Combine sugar and cornstarch. Add pineapple juice and cook over hot water until thick. Add egg yolk and stir until well mixed. Remove from stove and add diced pineapple. Set aside to chill. When cold fold in whipped cream and vanilla. Serve in sherbet glasses.

LEMON SOUFFLE

1 tablespoon gelatine
1 tablespoon cold water
4 tablespoons lemon juice
⅔ cup powdered sugar
1 tablespoon grated lemon rind
3 egg yolks
Pinch salt
3 egg whites
Lady fingers
Whipped cream

METHOD—Soften gelatine in cold water. Dissolve over hot water, stir until cool and add lemon juice. Beat egg yolks until thick and light, add sugar and salt slowly. Add lemon rind, gelatine and lemon juice, beat well. When beginning to set, fold in stiffly beaten egg whites. Line sherbet or parfait glasses with 2 halves of lady fingers and pour in gelatine mixture. Set in refrigerator to congeal and chill. Serve with whipped cream.

PINEAPPLE AND RICE

2 cups cooked rice
1 small can shredded pineapple
6 tablespoons whipped cream (more if desired)
Sugar to taste

METHOD — Stir the ingredients together well, sweeten as desired and chill, before serving.

Frozen Desserts

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CHAPTER XX
FROZEN DESSERTS

VANILLA ICE CREAM

1 tablespoon gelatine
2 tablespoons cold water
2 cups milk
1 cup sugar
2 tablespoons flour
¼ teaspoon salt
1 tablespoon vanilla
1 pint heavy cream

METHOD—Soften gelatine in cold water. Scald milk in double boiler. Mix sugar and flour thoroughly, add to milk, cook until coats a spoon. Add softened gelatine and vanilla. Whip cream stiff and fold into cool custard mixture. Freeze until stiff. Remove dasher and pack to ripen.

VARIATION—To this may be added sweetened fruit when custard is pretty well frozen.

STRAWBERRY ICE CREAM

1 quart strawberries
⅞ cup sugar
1 quart thin cream

METHOD—Wash and hull berries. Add sugar. Let stand 1 hour; mash and rub through strainer. Add cream and freeze.

PINEAPPLE ICE CREAM

1 quart can sliced pineapple
½ cup granulated sugar
4 egg yolks
1 pint whipped cream
4 egg whites
Candied cherries

METHOD—Drain juice from pineapple and boil juice with sugar to a thick syrup. Remove from flame and add egg yolks, beaten light. Cook in top of double boiler until custard-like. Set aside until cold. Add whipped cream and stiffly-beaten egg whites. Line tray of mechanical refrigerator with slices of pineapple (making 3 slices from each slice of pineapple). Place in the hole in center of each slice a candied cherry. Pour in custard and allow to freeze.

FIG ICE CREAM

⅓ cup water
1 pint cream
½ teaspoon almond extract
1 cup sugar
4 cups fresh sliced figs
1 cup orange juice
2 egg whites

METHOD—Allow figs to marinate in orange juice while syrup is boiling. Boil sugar and water to thread stage. Pour slowly over beaten egg whites. Add figs,

orange juice, cream and almond extract. Freeze in 3 parts ice and 1 part rock salt.

LEMON ICE CREAM

1 tablespoon gelatine
¼ cup water
1 cup sugar
4 cups water
4 tablespoons lemon juice
2 cups whipped cream
Salt
1 egg

METHOD—Soften gelatine in cold water. Boil water and sugar for 10 minutes; add softened gelatine. Cool. Add lemon juice and freeze until like a frappe, add the whipped cream, salt and white of egg well beaten. Continue to freeze until stiff.

APRICOT ICE CREAM

3 cups ripe, mashed apricots
1¼ cups granulated sugar
⅓ cup water
2 egg whites
4 cups milk
1 tablespoon lemon juice
4 drops almond extract
1 cup whipping cream

METHOD—Peel and mash apricots. Boil sugar and water to 238 degrees F. Beat egg whites; pour syrup over and beat until cold. Add milk and freeze to frappe. Add mashed fruit, lemon juice, almond extract and whipped cream. Freeze very hard. Remove dasher, press cream down well. Drain off water and repack with ice. Cover with a blanket and leave 1 hour to ripen; 4 parts ice to 1 part salt.

PEACH ICE CREAM

1 quart thin cream
1 cup sugar
¼ teaspoon lemon juice
¼ teaspoon almond extract
2 cups crushed, or finely cut peaches
⅔ cup sugar

METHOD—Mix cream, sugar, salt, lemon juice and almond extract. Pour into sterilized freezer and turn crank until half frozen. Add rest of ingredients. Freeze stiff. Use 4 times as much finely crushed ice as rock salt. When frozen remove dasher, press cream down in freezer. Draw off surplus water, repack with ice and salt and cover with blanket until ready to serve.

PEACH AND MARRON CREAM

3 cups cream
1½ cups peach pulp
1 tablespoon vanilla
Sugar to taste
Pinch salt
⅔ cup preserved marrons

METHOD—Mix together cream and peach pulp,

which has been forced through a sieve. Add vanilla, sugar and salt. Touch of pink coloring. Freeze and fold in marrons. Continue freezing, pack for 1 hour to ripen. Serve in sherbet glasses.

CRANBERRY FRAPPE

1 qt. cranberries
1 cup water
2 cups sugar
⅓ cup lemon juice

METHOD—Cook cranberries in water until soft. Mash, add sugar and lemon juice. Mix well. Cool, and freeze. Serve with roast turkey.

PINEAPPLE SHERBET

2 cups cream
1 cup sugar
4 egg whites
2 cups crushed pineapple
2 tablespoons lemon juice

METHOD—Scald cream and sugar together. Beat until cold. Add to stiffly-beaten egg whites. Add pineapple and lemon juice. Freeze.

FRUIT SHERBET

½ cup banana pulp
1½ cups sugar
½ cup lemon juice
½ cup crushed pineapple
1½ cups milk
1 cup cream
Pinch salt

METHOD—Mash bananas to pulp with fork, add sugar, strained fruit juice and pineapple. Stir in milk, cream whipped to a froth, and salt. Freeze and serve in sherbet cups.

MINT SHERBET

6 lemons
2 oranges
1 lemon rind, grated
2 cups sugar
2 cups water
1 large bunch fresh mint
Green coloring, if desired
1 egg white

METHOD—Squeeze juice of lemons and oranges, add grated rind. Boil sugar and water to a syrup, pour quickly over mint, cut up fine. Cover and allow to steep one hour. Strain over fruit juice. Color, if desired. When cold, place in freezer with well-beaten egg white. Freeze and serve with lamb.

RASPBERRY SHERBET

1 quart raspberries
1½ cups sugar
3 cups water
2 tablespoons lemon juice
2 egg whites (well-beaten)

METHOD—Crush berries, add ½ the sugar and let

stand 1 hour. Boil together remaining sugar and water 5 minutes. Cool, add lemon and strained raspberry juice. Freeze in 3 parts ice and 1 part rock salt. When half frozen stir in egg whites, 1 cup crushed raspberries and finish freezing.

ORANGE ICE

1½ quarts orange juice and pulp
1 teaspoon grated orange rind
2 cups shredded pineapple

METHOD—Combine orange juice, pulp and rind. Put into freezer, pack with cracked ice and rock salt, 3 to 1. Freeze until like a frappe; add pineapple and pour into an oiled mold. Pack on ice about 2 hours. Unmold, garnish and serve.

FROZEN PEACHES

1 can peaches

METHOD—Pack peaches in ice and salt, 3 to 1, for 3 hours. When ready to serve, cut top from can and unmold on platter. Slice and serve on crisp lettuce leaf, topped with whipped cream mayonnaise.

PARFAIT

To make a parfait, the foundation is prepared from a syrup combined with either egg whites, or yolks, and occasionally a little gelatine is added. When cooled, whipped cream is beaten in with the flavoring and minced fruits or other ingredients added. The coffee and chocolate flavors of this frozen dainty are especially recommended.

In adding any kind of candied fruit to a frozen dessert it should be soaked several hours, either in a sugar syrup or Marachino cordial. If this is not done the fruit will freeze in solid, icy chunks.

A few suggestions as to the handling may be helpful. If you wish the parfait to retain shape of mold, have mold ready in advance, chilled and partly buried in ice. Fill it solidly with the mixture, which should be heaped slightly above the rim.

Cover with heavy waxed paper a little larger than mold, then press down, cover tightly. Bury in ice and salt, 3 parts ice to 1 part salt, for 3 hours.

ANGEL PARFAIT

½ cup sugar
⅓ cup boiling water
2 egg whites
1 pint whipping cream
1 teaspoon vanilla

METHOD—Boil sugar and water to thread stage. Pour slowly over beaten egg whites, whip until cold. Gently fold in whipped cream and vanilla. Pour into covered mold and pack in ice and salt, 3 to 1, for 3 hours; or pack in tray of mechanical refrigerator to freeze

VARIATIONS

STRAWBERRY PARFAIT—Add 2 cups crushed, sweetened strawberries.

PINEAPPLE PARFAIT—Add 1 cup crushed, drained pineapple.

TUTTI FRUITTI—Add 1 tablespoon grated orange rind, ¼ cup chopped Maraschino cherries, 1 cup drained, crushed pineapple, ½ cup shredded almonds.

CHOCOLATE—One-half cup shredded milk chocolate, with almonds. Reserve enough almonds to sprinkle on top.

MEXICAN PARFAIT—Add 8 macaroons, dried and put through food chopper, ½ cup ground walnut brittle, when cream is half frozen.

FRESH PEACH PARFAIT—Add 2 cups sweetened peach pulp, 2 drops almond extract, 1 tablespoon lemon juice.

N. B.—Fruits should be sweetened with powdered sugar.

COFFEE CARMEL PARFAIT

1 cup milk
2 tablespoons ground coffee
1 cup sugar
3 egg yolks
⅛ teaspoon salt
3 cups cream
1 teaspoon vanilla

METHOD—Scald milk with coffee and add ½ the sugar, which has been carmelized; then add yolks of eggs mixed with remaining sugar and salt. Cook until the mixture thickens, stirring constantly, and add 1 cup thin cream. Cool, strain, fold in 2 cups whipped cream and vanilla. Freeze in salt and ice for 2 hours, or in tray of electric refrigerator. Remove from molds to cold platter and roll in almonds, which have been cut in thin slices and delicately browned in a moderate oven.

MAPLE PARFAIT

1 cup hot maple syrup
4 eggs
1 pint thick cream

METHOD—Pour hot maple syrup over beaten yolks. Cook over hot water until mixture thickens, cool and fold in stiffly-beaten egg whites and whipped cream. Pour in mold, pack in cracked ice and rock salt (6 to 1), for three hours to freeze.

N. B.—Cannot be frozen in mechanical refrigerator.

RICE PARFAIT

½ envelope gelatine
1½ cups milk
2 cups hot boiled rice
1 cup sugar
¼ teaspoon salt
1 cup cream
1 cup chopped nut meats
1 teaspoon vanilla

METHOD—Soak gelatine in milk 10 minutes and dissolve in hot rice. Add sugar and salt. When cool fold in whipped cream, nut meats and flavoring. Turn into mold and pack in ice and rock salt (3 to 1), for 3 hours to freeze, or pour in tray of mechanical refrigerator.

PEANUT BRITTLE PARFAIT

¼ pound peanut brittle
1 egg white
½ pint heavy cream

METHOD—Run peanut brittle through a food chopper. Combine with stiffly-beaten egg white and whipped cream. Pack in covered mold in ice and rock salt (3 to 1), for 3 hours to freeze.

PLAIN MOUSSE

½ pint heavy cream
4 tablespoons sugar
1 teaspoon vanilla
⅛ teaspoon salt

METHOD—Whip cream thick. Add sugar, vanilla and salt. Beat until stiff. Spread over berries.

VANILLA MOUSSE

1 cup milk
1 teaspoon gelatine
2 tablespoons cold water
2 egg yolks
¼ cup sugar
¼ cup white corn syrup
Few grains salt
2 egg whites
½ pint whipping cream
2 teaspoons vanilla

METHOD—Scald milk. Soften gelatine in cold water, add to hot milk. Stir until gelatine is dissolved. Add to egg yolks which have been beaten with sugar, corn syrup and salt. Return to double boiler and stir

until thickened. Strain onto egg whites beaten stiff. When cool put in refrigerator until very cold. Whip cream, add vanilla. Add cold mixture gradually, beating just enough to mix. Freeze, turning crank very slowly for 12 minutes, then pack to ripen.

BANANA MACAROON MOUSSE

1½ tablespoons lemon juice
¾ cup macaroon crumbs
2 cups whipping cream
2 tablespoons powdered sugar
4 large bananas
½ teaspoon salt

METHOD—Put bananas through potato ricer, add salt, lemon juice and macaroons. Whip cream stiff, sweeten with powdered sugar. Combine two mixtures. Can be packed in a mold and put in ice and rock salt (3 to 1), for 3 hours.

CINNAMON MOUSSE

¾ cup milk
5-inch stick cinnamon
1 tablespoon cornstarch
⅓ cup sugar
Few grains salt
¼ cup milk
1 tablespoon lemon juice
½ pint whipping cream
½ teaspoon vanilla

METHOD—Scald ¾ cup milk with stick of cinnamon. Mix cornstarch, sugar, salt and milk; stir until smooth, combine with scalded milk; cover and cook 15 minutes. Stir until cooled. Remove cinnamon and add lemon juice. Fold in whipped cream and vanilla. Freeze in mold packed in ice and rock salt. When ready to serve, cut in slices and place on piece of sponge cake of corresponding size. Cover with Sabayon sauce and garnish with whipped cream.

SABAYON SAUCE

2 egg yolks
⅓ cup sugar
½ lemon rind, grated
Juice of ½ lemon
½ teaspoon wild cherry extract
2 egg whites

METHOD—Put egg yolks, sugar, grated rind and lemon juice in saucepan and cook. Stir with wire whisk until thick. Add wild cherry extract and egg whites, beaten stiff.

FROZEN STRAWBERRY SHORTCAKE

1 pint fresh strawberries
¾ cup powdered sugar
Sponge cake
¾ tablespoon gelatine
4 tablespoons cold water
Plain mousse or whipped cream

METHOD—Crush strawberries, add sugar. Soak gelatine in cold water, dissolve over hot water and stir thoroughly into strawberry mixture. Put a ¾-inch layer of sponge cake in mold. When strawberry mixture has thickened, but not set, spread over cake. Add a layer of plain mousse or whipped cream. Freeze 4 hours.

N. B.—A large marshmallow box may be used and fitted into a large pail of ice.

FROZEN ITALIAN MERINGUE

1 pound granulated sugar 1 pint ripe berries
1½ pints cream ¾ cup water 4 egg whites
Flavoring Coloring if desired

METHOD—Boil sugar and water together until it spins a thread; meanwhile beat egg whites to a stiff froth. Pour syrup over egg whites slowly, beating constantly until cold. Crush berries and put through sieve. Whip cream until stiff. Whip berry pulp into meringue and fold in whipped cream. Pack in tight mold and cover with ice and rock salt (3 to 1), for about 2 hours.

BISCUIT GLAZE

6 egg yolks ½ teaspoon vanilla extract
4 tablespoons granulated sugar 1 pint heavy cream
1 cup rice flakes or nuts Few grains salt

METHOD—Beat egg yolks. Add sugar, salt and stir until well dissolved. Cook mixture over boiling water until very thick. Set in pan of ice water. Beat well, add vanilla. When cold, fold in whipped cream and rice flakes or nuts. Pack in mold and set in ice and salt (3 to 1), for 3 hours.

PERSIAN TURBAN

6 egg yolks 1 cup flour 6 egg whites
1 cup granulated sugar Ice cream or thick custard.

METHOD—Stir together lightly egg yolks and sugar. Add stiffly-beaten egg whites and flour. Spread very thin on large flat oiled pan and bake.

Ice ½ with chocolate icing, ¼ with pink, ¼ with white. When stiff cut in strips. Line tray of mechanical refrigerator with these strips, first a stripe of chocolate, then one of pink, then one of white, chocolate and so on.

This can be filled with any ice cream or thick custard. Place in refrigerator and freeze.

Pies, Pastry

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CHAPTER XXI

PASTRY, PIES

In order to make good pie crust, ingredients and utensils should be ice cold. Cut shortening into flour with two silver knives or pastry flaker, distributing shortening evenly through flour without melting shortening. It is necessary to work rapidly and with a light touch. A heated kitchen is not productive of best pastry. Lightness depends on the amount of air enclosed and the expansion of that air in the baking. Flakiness depends upon the kind and the amount of shortening used. Lard will give a tenderer crust than butter. Where the flavor of butter is desired, 1 tablespoon may be added. In rolling pastry use a light motion, rolling from you as less force is expended on the outward stroke than on the one where the hands are drawn back toward the boby. Utensils best adapted are a small enamel bowl, aluminum measuring cup, pastry flaker, spatula, tablespoon, sifter, glass rolling pin, bread board and pastry wheel.

FINE POINTS IN PASTRY MAKING

1. Ingredients and utensils well chilled.
2. Proper proportions of fat and flour, ⅓ cup fat to 1 cup flour with ½ teaspoon salt.
3. Thorough cutting in.
4. Even addition of water. Add a little at a time.
5. Light touch in rolling (roll ⅛ inch thick and prick with fork).
6. Bake by temperature—450 degrees F., plain pastry until slightly brown—reduce to 300 degrees until done.

Double crust with fruit filling—450 degrees F. for 12 minutes, reducing heat for last 35 minutes to 300 degrees F.

Deep fruit pies, no bottom crust—450 degrees F. for 30 minutes.

Meringue pies—275 degrees F. for 15 minutes. Remove to a warm place at first to avoid the small blisters and toughening that quick cooling gives.

For puff paste, have oven very hot and paste very

cold, place pastry on low shelf at a temperature 500 degrees F., turn sheet frequently. Bake about 30 minutes then place on top shelf to brown. Butter recommended for puff paste.

To make the pastry shell for lemon or custard pies, observe these precautions:

In lining pan with pastry "ease" it in, do not stretch dough, but roll it well up over the edge; prick the bottom with a fork. This will prevent puffing and dragging away from the sides of the pan.

For large pies invert tin and bake shell on bottom. Prick bottom with fork.

Bake all pies in perforated pans.

PLAIN PASTRY

2 cups flour
⅔ cup shortening
¼ teaspoon salt
Ice water

METHOD—Sift together flour and salt. Cut in shortening, using pastry flaker; add just enough ice water to make a dough. Roll out, dot over with shortening (reserved from original amount), fold several times and roll out again.

FLAKY PASTRY

1 cup flour
½ teaspoon salt
Just enough cold water to hold together (about 2 tablespoons)
6 tablespoons shortening

METHOD—Sift flour and salt and cut half the shortening into the flour with a pastry flaker until it is finely divided. Add water, a few drops at a time, form into balls and combine into a dough; roll out on slightly floured board to ¼ inch in thickness. Spread ⅓ of remaining shortening on the ⅔ dough nearest to you; fold twice so as to make three layers, folding in first the part on which the fat has not been spread. Turn dough, putting folded edges on the sides; roll out, spread and fold as before. Repeat once more. Use a light motion in handling the rolling pin and roll from the center outward. Chill between rollings and again before baking.

FRENCH PASTRY

2 cups flour
½ lemon rind grated
2 tablespoons sugar
½ teaspoon salt
¼ pound butter
4 egg yolks

METHOD—Sift together flour, sugar and salt. Cut in butter and lemon rind, then add slightly beaten yolks. One or two tablespoons ice water may be needed. Set on ice to chill. Roll about ⅛ inch thick glaze top with beaten egg (white and yolk), sprinkle with sugar, chopped nuts or crystallized fruit. Bake in moderate oven after cutting in desired shapes.

PUFF PASTE

1 pound cake flour Ice water
1 pound butter

METHOD—All utensils must be ice cold. Chill flour; divide butter into 3 parts, pat each into an oblong pat. Wrap 2 butter pats in a napkin, place between pans of cracked ice. With tips of fingers, work other pat into flour, keeping plenty of flour between butter and fingers. Add ice water using as little as possible to make a smooth paste. Toss paste on floured board, knead just enough to form a ball. Pat and roll out ¼ inch thick, keeping paste a little wider than long and corners square. Lay 1 pat of butter on paste, dredge very lightly with flour, fold over paste so as to enclose butter; roll up like jelly roll, pat and roll out ¼ inch thick, add remaining pat of butter and roll out as above.

Fold and roll out 4 or 5 times. The more times this is done the more air will be enclosed and the more puffy it will be. Roll with gentle strokes from center out. When paste becomes soft, place in a napkin between pans of cracked ice until thoroughly chilled. Should be ice cold when placed in oven. Have oven hot, greatest heat coming from bottom; turn frequently, that it may rise evenly. When well risen, decrease temperature of oven.

Puff paste is used for pies, patties, vol-au-vents and tarts.

GRAHAM CRACKER PIE CRUST

12 medium sized graham crackers
½ cup sugar 4 tablespoons butter

METHOD—Crush crackers fine; add sugar and melted butter Mix well. Press ½ mixture into pie pan.

Reserve remaining half to cover meringue after adding filling. Bake at 350 degrees until meringue browns.

N.B.—This is nice for Flapper Pie and French Apple Pie.

APPLE PIE

Plain pastry
6 large apples
1 cup sugar
Dash nutmeg
2 tablespoons flour

METHOD—Line pan with pastry. Pare and slice apples. Heap apples, mixed with sugar, nutmeg and flour in pie pan. Lay on top crust, with tiny holes cut in it for steam to escape, and press down around edge. Bake in oven 450 degrees F. for 10 minutes, reduce to 300 degrees and bake 35 minutes.

BLACKBERRY PIE

Pastry
2 tablespoons flour
1 cup sugar
4 cups blackberries
2 tablespoons butter

METHOD—Line pan with plain pastry. Sift flour and sugar together; mix thoroughly with about ½ cup mashed blackberries. Pour into pastry lined pan. Dot over with butter, add remaining berries. Make outlet for steam, lay top crust on berries and press down around edges. Bake 10 minutes in oven 475 degrees F. reduce to 300 degrees and bake 35 minutes.

CHERRY PIE

4 cups stoned cherries
1 cup sugar
3 tablespoons flour
1 teaspoon lemon juice
2 drops almond extract
2 tablespoons soft butter

METHOD—Cooked pitted cherries with sugar and flour for 5 minutes. Cool and add flavoring. Spread a little soft butter on bottom crust and sprinkle with a little sugar and flour. Place cooled cherries in pastry-lined pan. Spread remainder of butter on under side of top crust and place over cherries. Seal well. Bake at 450 degrees F., for 10 minutes Reduce temperature to 300 degrees F., bake for 35 minutes.

MOCK CHERRY PIE

1½ cups cranberries
1 cup raisins
1 tablespoon butter
¾ cup sugar
2 tablespoons flour

¼ teaspoon salt
Almond extract

METHOD—Chop cranberries, add raisins, 1 tablespoon butter, sugar, flour, salt and extract, mix together. Bake as two crust pie, 8 minutes in oven 450 degrees F., 25 minutes in over 300 degrees F.

CUSTARD PIE (OLD-FASHIONED)

4 eggs
¾ cup sugar
Pinch salt
½ teaspoon nutmeg
1 teaspoon vanilla
2½ cups milk

METHOD—Beat eggs, sugar and salt together until thick and lemon colored. Add nutmeg and vanilla to milk. Combine with egg mixture. Pour into unbaked pie shell. Run in oven 500 degrees F., for 10 minutes, or until crust is "set" and beginning to brown. Reduce heat and continue cooking until custard is firm.

PUMPKIN PIE—I

1½ cups milk
2 eggs
1 cup brown sugar
1 teaspoon cinnamon
1 tablespoon grated orange rind
1 teaspoon ginger
½ teaspoon nutmeg
¼ teaspoon salt
1½ cups cooked pumpkin

METHOD—Place ingredients in upper part of double boiler and cook until thick. Pour into pastry lined pie pan and bake until firm, having oven 475 degrees F. when pastry is first put in, but immediately reducing the heat to 300 degrees F.

LEMON MERINGUE PIE (Lettie)

2 cups sugar
4 egg yolks
½ teaspoon salt
2 tablespoons butter
2 cups rich milk
½ cup lemon juice
4 egg whites

METHOD—Cream sugar and egg yolks. Add salt and flour; then butter and milk. Add lemon juice last. Pour into pastry lined pan and bake at 400 degrees F. for 8 minutes, reduce to 275 degrees F. for balance of time, 45 minutes in all. Allow to cool and cover with meringue made of egg whites.

LEMON SPONGE CAKE PIE

1 cup sugar
Pinch salt
3 tablespoons flour
3 egg yolks
3 tablespoons lemon juice
2 cups rich milk

3 tablespoons soft butter — 3 egg whites
1 tablespoon grated orange rind

METHOD—Blend together sugar, salt and flour and cream in butter. Add orange rind, egg yolks and lemon juice. Beat well. Add milk and lastly fold in whites of eggs beaten stiff. Pour into uncooked pastry shell and place in oven 450 degrees F., for 10 minutes, then reduce temperature to 350 degrees F., until done.

APPLE CUSTARD PIE

1 cup sugar — 2 tablespoons lemon juice
⅓ cup cornstarch — ¼ teaspoon salt
2 cups water — 1 tablespoon butter
1½ cups grated apple — 1 teaspoon spices (if liked)
3 egg yolks — 3 egg whites

METHOD—Sift together sugar, cornstarch; blend with water. Cook in double boiler until clear and smooth. Add apple, cook for 5 minutes over low flame, being very careful not to let it scorch. Add well-beaten egg yolks, lemon juice, salt, butter and spices. Cook few minutes; allow to cool Add stiffly beaten egg whites. Pour into baked pie shell and bake in moderate oven, 350 degrees F., for 20 minutes.

EGG NOG PIE

1⅓ cups milk — 2 whole eggs
3 egg yolks — ⅔ cup sugar
1½ tablespoons cornstarch — 1½ teaspoons gelatine
1½ tablespoons cold water — ½ teaspoon nutmeg
1 teaspoon imitation brandy flavoring — 1 egg white

METHOD—Scald milk. Beat egg yolks and whole eggs, combine with cornstarch and sugar. Add to scalded milk and cook in double boiler until mixture is smooth and thick, stirring constantly. Soften gelatine in cold water and add to custard. Stir until dissolved. Remove from stove, add nutmeg and flavoring. Fold in beaten egg white. Pour into baked pie shell. Top with whipped cream or heavy meringue. If meringue is used, run pie under flame in oven to brown.

APRICOT SOUFFLE PIE

1 cup apricot pulp (dried) — 1 cup sugar
1 teaspoon lemon juice — 4 egg whites

METHOD—Soak apricots and cook until soft. Put through colander, measure 1 cup; add lemon juice and sugar to beaten egg whites and beat until stiff. Fold into apricot mixture and combine well. Place in baked pie shell and bake in oven 325 degrees F. until slightly browned.

STANDARD FILLING FOR PIES

⅓ cup cornstarch
1½ cups water
1 cup sugar
3 eggs

METHOD—Boil cornstarch, water and sugar until clear, stirring constantly. Add egg yolks. Whites may be folded in or used for meringue.

VARIATIONS

ORANGE or LEMON PIE—Add rind of 1 and juice of 2 lemons or oranges.

PINEAPPLE CUSTARD PIE—Add 1 cup grated pineapple, using milk in place of water.

COCOANUT CUSTARD PIE—Add 1 cup cocoanut, using milk in place of water.

CHOCOLATE CREAM PIE—Add 2 squares melted chocolate, using milk in place of water.

N. B.—May be used for filling cream puffs and is delightful in bottom of baked shells for peach Melbas and strawberry cream pies.

CRANBERRY CUSTARD PIE

1¾ cups sugar
¾ cup water
4 cups cranberries
3 egg yolks
2 tablespoons flour
3 egg whites
5 tablespoons sugar

METHOD—Cook sugar and water together for 5 minutes Add cranberries and cook for 10 minutes. Beat egg yolks and flour together. Add ¼ cup cranberry juice drained from cooked cranberries. Combine this mixture with cranberries and cook for three or four minutes. Let cool and pour into baked pie shell. Beat egg whites fluffy, add sugar and beat until stiff. Spread over pie. Put in slow oven (275 degrees F.) for 12 minutes, increase heat to brown in three minutes.

PINEAPPLE PIE

½ cup sugar
2 tablespoons lemon juice

2 tablespoons flour — ⅛ teaspoon salt
2 cups diced or crushed pineapple — 1 beaten egg

METHOD—Sift together flour and sugar. Add pineapple, salt, lemon juice and beaten egg, mix thoroughly. Pour into pie shell and bake in moderate oven for 25 minutes.

FRENCH LEMON CREAM PIE

1 cup sugar — 2 egg yolks
⅓ cup cornstarch — 1 tablespoon butter
¼ teaspoon salt — 2 egg whites
1½ cups boiling water — 2 tablespoons sugar
3 tablespoons lemon juice (or to suit taste)
1 tablespoon grated lemon rind

METHOD—Sift together sugar, cornstarch and salt. Add to boiling water and cook until smooth and clear in double boiler. Add beaten egg yolks, lemon rind and juice. Stir until thick. Add butter and remove from stove. Pour over baked pie shell. Make meringue by beating egg whites until fluffy, adding sugar and beating until stiff. Partially fold whites into cream filling and brown slowly in moderate oven (275 degrees).

LEMON CHIFFON PIE

4 egg yolks — ½ cup sugar
3 tablespoons lemon juice — 4 egg whites
1 grated lemon rind — ½ cup sugar

METHOD—Beat yolks until light, add lemon juice, rind, sugar and beat until smooth. Cook over hot water until thick. Beat whites, add remaining ½ cup sugar, beating continually. Beat yolk mixture into whites and cook over hot water until mixture leaves sides of pan. Pour into baked pie shell and put under low flame in the broiler until it becomes a sun-tanned brown.

ORANGE CHIFFON PIE

¾ cup sugar — 2 tablespoons grated orange rind
3 tablespoons cornstarch — 2 tablespoons water
2 tablespoons lemon juice — 3 eggs
⅔ cup orange juice — ⅓ cup sugar

METHOD—Mix sugar and cornstarch together; add fruit juices, grated rind and water. Cook in double boiler until thick. Add egg yolks and cook until like

jelly. When cold, fold in egg whites, which have been whipped, with ⅓ cup sugar added. Pour into baked pie crust and bake in oven at 300 degrees F., for 30 minutes.

BUTTERSCOTCH PIE—I

1 cup brown sugar
3 tablespoons flour
4 egg yolks
1 cup hot water
2 tablespoons butter
½ cup nut meats
4 egg whites
6 tablespoons sugar

METHOD—Mix sugar and flour together, cook in top of double boiler with hot water, until thick and smooth, add egg yolks, butter and nut meats. Pour into individual baked pie shells and cover with meringue made of egg whites and sugar. Put in slow oven, 275 degrees F., for 12 minutes, increase heat to brown in 3 minutes.

BUTTERSCOTCH PIE (Southern)

½ cup granulated sugar
½ cup brown sugar
1 tablespoon flour
⅓ cup cornstarch
½ teaspoon salt
1½ cups boiling water
2 tablespoons butter
2 egg whites
2 egg yolks
½ teaspoon vanilla
2 drops black walnut flavoring
3 tablespoons sugar

METHOD—Sift together, sugar, flour, cornstarch, salt and gradually add to boiling water. Cook until thick, add well beaten yolks. Remove from fire and add flavoring and butter. Pour into baked pie shell. Cover with meringue made of egg whites beaten stiff and sugar. Heap on pie and run in oven 300 degrees F., for first 10 minutes, increasing to 450 degrees F., to brown pie.

PECAN PIE

3 eggs
½ cup sugar
¼ teaspoon salt
2 tablespoons cornstarch
1 tablespoon butter
1 teaspoon vanilla
1 cup Log Cabin Syrup
1 cup pecans

METHOD—Beat eggs. Sift together sugar, salt and cornstach and add to eggs. Beat in softened butter, vanilla and syrup. Stir in broken pecans. Cook pastry about 10 minutes and pour in above mixture. Bake 35 to 40 minutes at 300 degrees F. Serve with whipped cream.

FLAPPER PIE

12 large graham crackers
½ cup sugar
¼ cup melted butter
3 tablespoons cornstarch
¾ cup brown sugar
1 tablespoon melted butter
2 cups milk
2 egg yolks
1 teaspoon vanilla
2 egg whites
4 tablespoons sugar

METHOD—Roll graham crackers fine; add sugar and butter and mix well. Place ½ mixture in pie pan, molding it to pan as if were pastry. Place cornstarch, brown sugar, milk, egg yolks and tablespoon melted butter in double boiler; cook until thick. Add vanilla. Fill the lined pie pan with mixture. Beat egg whites until stiff, add sugar and place on top of custard mixture. Sprinkle meringue with remaining half of graham cracker mixture. Brown in oven at 300 degrees F. Serve cold.

FRENCH APPLE PIE

Part I

6 apples
2 tablespoons butter
½ cup sugar
1 teaspoon lemon juice
¼ cup water

METHOD—Peel and core apples, slice, cook with sugar and water until mushy. Let liquid cook away and add butter and lemon juice.

Part II

½ cup sugar
½ teaspoon cinnamon
2 tablespoons flour

METHOD—Blend all together.

Part III

1½ cups graham cracker crumbs
½ cup sugar
¼ cup melted butter
1 teaspoon cinnamon

METHOD—Combine. Line pie pan with pastry. Add ½ of Part II. Add all of apple sauce and sprinkle rest of Part II over top. Add Part III. Bake at 450 degrees for 15 minutes. Serve hot or cold with whipped cream.

FRENCH APPLE CRISP PIE—II

1 quart apples (sliced thin)
⅓ cup water
1 cup sugar
¾ cup flour
1 teaspoon cinnamon
⅛ teaspoon salt
½ cup softened butter

METHOD—Arrange apples in pastry lined pan, add

water. Mix together sugar, flour, cinnamon, salt and butter. Spread over apples. Bake 20 minutes in oven 400 degrees F., reduce to 300 degrees F. last 20 minutes.

STRAWBERRY PIE

1 cup strawberries
½ cup sugar
2 tablespoons granulated gelatine
1 tablespoon cold water
Whipped cream
1 pie crust shell

METHOD—Cook strawberries with sugar. Soak gelatine in cold water, dissolve over hot water. Strain berries and add dissolved gelatine. Fill pastry shell with fresh strawberries. Pour cooled strawberry mixture over the top and set aside to become firm. Garnish with whipped cream.

SOUR CREAM PIE

2 egg yolks
⅔ cup sugar
Few grains salt
2 tablespoons cornstarch
1½ cups sour cream
2 egg whites
2 tablespoons sugar
2 tablespoons grated orange or lemon rind

METHOD—Beat egg yolks, add sugar, salt, cornstarch and beat well. Add sour cream and rind. Cook until smooth and thick. Pour in baked pie shell. Top with meringue made with egg whites and 2 tablespoons sugar Bake in oven 275 degrees F., 12 to 15 minutes to cook and brown.

CHEESE PIE or KUCHEN

3 egg yolks
1 cup sugar
2 tablespoons cornstarch
1 cup cream or milk
1 pound cottage cheese (1 pint)
3 tablespoons lemon juice
1 tablespoon grated lemon rind
3 egg whites

METHOD—Blend cornstarch in cream or milk. Beat yolks with sugar; combine the two mixtures and add cheese, which has been pressed dry and put through ricer or seive several times, lemon juice and rind. Beat all together and fold in stiffly beaten egg whites. Line a small spring form with French pastry and pour in the mixture. Bake at 450 degrees F. until pastry is set, then reduce to 300 degrees F. Bake from ¾ to 1 hour, until custard is set.

APRICOT TARTS

4 pounds apricots
1 cup water
2 tablespoons orange juice
4 tablespoons sugar
1 tablespoon lemon juice
2 teaspoons gelatine
2 teaspoons cold water
Almonds
Whipped cream

METHOD—Peel apricots, reserve 12 which should be cooked in 1 cup water until tender. Set aside to cool. Cook remainder of apricots until tender; rub through sieve. Use 1½ cups pulp, add orange juice and 4 tablespoons sugar. To the liquid in which the 12 apricots were cooked, add lemon juice, 4 tablespoons sugar and boil 3 minutes. Add gelatine, soften in cold water. Pour apricot pulp with orange juice into bottom of baked tart shells. Place on top 2 halves of the cooked apricots, cavity up. Fill cavity with 1 whole almond and cover with liquid containing gelatine. Tarts should be chilled before garnishing with whipped cream and serving.

CHESS PIE

1 cup sugar
2 tablespoons cornstarch
½ cup butter
4 egg yolks
½ glass jelly
¼ teaspoon salt
1 tablespoon water
4 egg whites

METHOD—Mix sugar and cornstarch; cream with butter. Beat egg yolks and add to mixture. Stir in warm jelly, salt and water. Beat egg whites and fold in. Pour into pastry lined tart pans Bake 20 to 30 minutes, depending upon size of tarts, at 350 degrees F.

BANBURY TARTS

1 large soda cracker
1 cup raisins
½ cup currants
¾ cup sweet sherry flavoring
1 cup brown sugar
1 egg

METHOD—Roll crackers, mix ingredients. Roll pastry very thin. Cut in rounds, place 2 tablespoons of the mixture in center, wet edges, fold, press edges together with fork dipped in flour. Snip holes on top with scissors. Bake until brown in hot oven.

Sandwiches—Rarebits

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CHAPTER XXII

SANDWICHES, RAREBITS

Bread for sandwiches may be white, whole-wheat, rye, raisin or a combination of these. One sort of bread is as good as another, it is simply a matter of choice. Bread will cut to advantage if sliced lengthwise rather than crosswise, with filling spread over this length and slices put together (these may be whole-wheat and white and fillings varied). When cold, this slab of filled bread may be sliced in very thin slices down, making a dainty ribbon sandwich. Sometimes the slab is cut on the bias or in figures.

When a large number of sandwiches are to be made, a soft cheese, pimiento or cream, an equal part of softened cream butter, worked together and seasoned, makes an economical, easily handled sandwich. Ground ham 2 parts and soft butter 1 part, with a little India relish added, is both good and economical.

SANDWICH FILLINGS

Mix equal quantities of Neufchatel cheese and chopped olives. Season with salt and pepper and moisten with mayonnaise.

Mix equal quantities of cream cheese and chopped olives season with paprika and salt.

Mix equal quantities of cream cheese and grape jelly.

Cream pimento cheese and put between 1 slice brown and white bread.

Mix equal quantities of snappy cheese Neufchatel, chopped walnuts and ½ the amount of sliced sweet peppers, enough mayonnaise to make it moist.

Equal quantities of grated cheese and butter creamed together, spread on bread and sprinkle with moist water cress.

Mix equal quantities of peanut butter and chopped celery.

Mix equal quantities of peanut butter and cream cheese.

Chop preserved figs and moisten with lemon juice.

Cook 1 cup of chopped raisins until soft. Add 1 cup chopped celery, moisten with 1 teaspoon lemon juice and mayonnaise.

Mix 1 cup chopped celery, 1 tablespoon of walnuts, 6 olives. Use as fillings for dark breads.

Finely chopped peanuts and celery mixed with salad dressing.

Mix well together chopped nuts and raisins and a little lemon juice. Heat through, let cool and spread on graham crackers. Press together lightly and crisp in moderate oven.

HOT BEEF BISCUITS

Cook and chop fine 1 pound of steak or use left-over roast or steak of another meal. Season well with salt and pepper and a little Worcestershire sauce. Make a rich biscuit dough of following recipe:

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
2 tablespoons of dripping of roast
Enough milk to make a soft dough

METHOD—It will usually take ⅔ cup milk to make a soft dough. (This amount will depend upon quantity of dripping used.) Roll dough out about ⅓ inch thick and in as nearly as possible rectangular shape. Cover the dough with chopped meat, roll like a jelly roll, cut in slices ½ inch thick and bake in a shallow baking pan with cut side down. Allow biscuits about 10 minutes to rise before placing in hot oven. Have gravy made of beef drippings to serve with this.

HOT CHICKEN AND EGG SANDWICH
(or Ham and Egg)

3 eggs
½ cup minced ham or chicken
6 slices fresh toast

METHOD—Put eggs and chicken or ham into frying pan, scramble very soft, season with salt and pepper. Heap on toast, run in oven for 2 minutes. Serve hot with water cress.

FRENCH TOAST CHICKEN SANDWICH
(To Serve 5)

1 cup minced chicken
1 teaspoon onion juice
1 cup milk
Salt and pepper to taste
2 egg yolks
10 slices bread

METHOD—Mix chicken with onion juice, salt, pepper and paprika to taste. Spread between large slices of bread from which crusts have been removed. Mix the milk and egg and dip sandwiches one at a time into the mixture. Fry in hot frying pan

CHEESE SANDWICHES

No. 1

3 tablespoons flour 1 cup milk
3 tablespoons mayonnaise
1½ cups grated American cheese

METHOD—Make a white sauce with the flour, milk, season mildly with garlic, salt, pepper and Tobasco sauce. When smooth add grated cheese, cook, add mayonnaise. Stir until smooth, spread about ¼ inch thick on ½ inch slices of bread, put 3 slices together and chill until ready to serve. With sharp knife cut in strips 1 inch wide.

2.

1 pound snappy American cheese
1 can pimentoes 2 cups boiled dressing

METHOD—Put cheese and pimentoes through food chopper, put in a bowl with dressing and beat well. Use to spread on bread or use with lettuce sandwiches.

3.

1 can tomato soup ½ pound cheese
2 eggs

METHOD—Place soup and cheese in double boiler, stir until cheese is melted, add eggs, beat well, season to taste. Cool slightly before spreading on thinly sliced bread.

4.

Make sandwiches of bread and cheese cut in 3 pieces. Beat well together 1 egg, 1 cup milk, paprika, salt and pepper. Dip sandwiches in this mixture and saute in bacon or ham drippings until brown. Place in oven for 5 minutes. Garnish with water cress.

FRENCH CHEESE SANDWICH

Brown bread Jam, marmalade or preserved ginger
Cream Cheese

METHOD—Slice bread very thin and spread with a layer of jam or marmalade. Spread a layer of very fine

cream cheese over the jam and cover it with another slice of bread. Press and serve for afternoon tea.

CLUB SANDWICH

For one service spread 6 fresh toasted triangular pieces of bread with mayonnaise dressing; cover two of these with lettuce hearts; on lettuce lay thin cooked slices of chicken breast, then slices of crisp broiled bacon; cover with the other triangles of toast, spread with mayonnaise and put thin slice of tomato on it. Set these on a plate; beside them set 2 heart leaves of lettuce each containing a scant teaspoon of mayonnaise dressing. Garnish with pickles and ripe olives.

JELLIED CHICKEN SANDWICH

1 cold chicken
1 stalk celery
1 small grated onion
1 tablespoon gelatine
1 tablespoon minced parsley
4 teaspoons water
6 tablespoons sweet cream
1 tablespoon lemon juice
Salt and paprika

METHOD—Put chicken meat through food chopper. Cut celery very fine. Season with onion and minced parsley. Soften gelatine in cold water, add cream, heat over hot water until gelatine is dissolved. Add chicken meat, lemon juice, season with salt and paprika. Beat thoroughly and put in oblong, shallow, wet pan. Chill on ice, cut in slices to fit bread cut for sandwiches.

RITZ-CARLTON

Mix pate de foie gras, or very finely chopped or pounded calves' liver, boiled and seasoned highly, to a paste with enough stiff mayonnaise to moisten it well; spread on very thin toast and sprinkle well with yolks of hard-cooked eggs, put through a sieve; or egg garnish may be sprinkled about the edge of canape, forming a sort of wreath; a fleck of scarlet pimento is placed in the center.

CALIFORNIA TUNA CLUB SANDWICH

Toast 3 slices of bread on one side. On one slice place a curly crisp lettuce leaf, slice tomato and cover with dressing, put on second slice of toast, more lettuce, dressing, slices or flakes of tuna. Third slice toast topped with three slices broiled bacon and thinly sliced pickle.

ENGLISH MONKEY

1 cup rich milk
½ cup grated bread crumbs
2 cups grated cheese
1 teaspoon Worcestershire sauce
1 tablespoon hop flavored malt
½ teaspoon salt
¼ teaspoon paprika
¼ teaspoon mustard
2 eggs

METHOD—Put together in inner pan of chafing dish or top part of double boiler, milk, grated bread crumbs, grated cheese and seasonings Cook over hot water, stirring constantly, when the whole is a light creamy mass, add beaten eggs. Cook a moment to set the eggs and serve on toast or crisp crackers.

WELCH RAREBIT

½ cup milk
1 tablespoon butter
1 teaspoon cornstarch
¼ teaspoon each salt and mustard
½ pound cheese (cut small)
Cayenne pepper

METHOD—Blend cornstarch and butter, add milk gradually and cook 2 minutes; add cheese and stir until melted. Season and serve on crackers or bread toasted on one side. The rarebit being poured over untoasted side.

N. B.—Make a Boston rarebit with cream and spread between slices of white bread and crackers.

CHILALY

1 tablespoon butter
2 tablespoons chopped green pepper
1½ teaspoons chopped onion
½ cup canned tomatoes
¾ pound soft mild cheese
2 tablespoons beer (near)
¾ teaspoon salt
Few grains cayenne

METHOD—Cook butter, peppers and onions 3 minutes, stirring constantly, add tomatoes (drained), cook 5 minutes, add cheese, cut in small pieces, salt and cayenne. When cheese is melted, add beer and egg slightly beaten. Serve on squares of bread toasted on one side.

CLUB RAREBIT

Have bread freshly toasted, butter and cover slices with following: Beat 6 eggs, 2 tablespoons milk, 1 tablespoon tomato catsup. Fold in ½ cup deviled ham and pour into frying pan in which 1 tablespoon butter has

been melted and allow eggs to cook until softly scrambled. Heap on toast, sprinkle with grated American cheese. Run into oven for a few minutes, or long enough to melt cheese. Garnish with cress.

HARLEQUIN SANDWICHES

Cut bread very thin and shape under slices with round cookie cutter. Use a doughnut cutter same size to cut top slice. Spread three under slices, one with lemon butter, one with green butter and the third with red butter or jelly. Press upper slice lightly on top. Arrange on a plate so the colored centers will show.

DATE AND NUT SANDWICH

½ cup dates
¼ cup walnuts
4 tablespoons mayonnaise
4 tablespoons butter

METHOD—Run dates and nuts through food chopper. Cream mayonnaise and butter together, combine with date mixture. Remove crust from small loaf of white or whole-wheat bread and slice lengthwise. Spread above mixture between slabs, wrap in waxed paper and place in ice box until ready to serve. Slice in thin slices or on the bias.

PRESERVED GINGER SANDWICHES

Chop preserved ginger very fine, moisten with some of the syrup or rich cream to consistency to spread and put between rounds of bread no larger than a dollar.

TILED TOAST

Sliced hard-cooked eggs and arrange on toast, pour over eggs 1 can tomato soup, ½ pound cheese cooked until smooth, season to taste.

OLIVE SANDWICHES

12 large olives
1 pimento
3 hard-cooked eggs
Mayonnaise dressing.

METHOD—Mince olives and pimento very fine, add minced eggs and enough mayonnaise to make consistency to spread between very thin slices of bread cut in fancy shapes.

Beverages

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CHAPTER XXIII

PERCOLATED COFFEE

COFFEE—METHODS OF MAKING

Coffee is the most sensitive brew in all cookery. When making coffee, the following points must be remembered:

First—It is important that coffee making utensils be kept scrupulously clean. Washing soda and ammonia, dissolved in boiling water, is effective for removing tenacious coffee oils, and should be used at least once a week. Rinse carefully after this treatment.

Second—Accurate measuring of coffee and water. Standard measurements are a heaping tablespoon coffee to each cup of beverage desired. If coffee is too strong, use less—if coffee is too mild, use more.

Third—Non-porous china is preferable as a utensil in which to make coffee. A metallic erosion caused by contact of strong acid coffee oils with metalic utensils spoils the natural delicious flavor of the coffee.

BOILED COFFEE

Proper measurements of ground coffee and water (one tablespoon of coffee with each cup of water) in coffee pot. Bring to a boil. Stir thoroughly and take from flame if to be used at once, otherwise set over a pilot or very low flame. It is very important that you never allow coffee to boil after being made, as continued boiling allows the coffee aroma to escape, and leaves a flavor that is bitter, and unsatisfactory from a health standpoint. A dash of cold water added at time coffee is removed from stove, helps settle grounds and clarify liquid.

PERCOLATED COFFEE

Fill percolator with quantity of water sufficient to produce the number of cups of beverage desired. Replace filter cup and tube. Put coffee into filter cup, corresponding with amount of water in percolator (one tablespoon to each cup), let percolate for seven to ten minutes, according to taste and strength desired.

DRIP COFFEE

Scientists, as well as coffee experts now agree that the proper and most satisfactory and simple way of

preparing coffee, is by the French Drip Method, with the use of silk fibre filter paper.

Place proper amount of coffee in upper, or strainer section of coffee-making utensil, directly on filter paper. Add correct amount freshly boiled water, and allow to slowly drip into lower receptacle, which takes from 5 to 7 minutes. Remove top section and serve coffee. It is best to use coffee specially prepared and finely cut in the first place, for regrinding coffee to proper fineness in ordinary electric mill ,spoils the flavor by allowing the acid oils to come in contact with heated steel grinding burrs.

DEMI-TASSE

For after dinner demi-tasse use about one-fourth more coffee to any of the foregoing methods.

CLEARING COFFEE

It is necessary to clear boiled coffee only when the grounds are steeped in water loose (boiled), not enclosed in a bag.

1. Egg white—(a) Add an egg white mixture to the dry grounds, stir well. Use cold water. (b) Add a beaten egg white or clean egg shell to coffee.
2. Cold water—Remove coffee from stove as soon as it is cooked; pour slowly into it a small quantity of cold water, not more than 1 tablespoon to 2 cups beverage and set aside to settle Keep hot.

CAFE AU LAIT (COFFEE WITH MILK)

Two methods are commonly used: (a) Use coffee ground very fine. Add milk instead of water. Heat slowly to a temperature just under the boiling point, stir. Serve at once.

(b) Use coffee ground medium fine. Add ¼ the usual amount of water. Heat this slowly to boiling point, strain and add hot milk to make up the other ¾ liquid.

HOT CHOCOLATE

6 tablespoons chocolate — 1 cup water
4 tablespoons sugar — 3 cups scalded milk

METHOD—Mix chocolate, sugar and water together until smooth. Boil, stirring constantly, for 3 minutes. Gradually add scalded milk, bring to boiling point, then

beat well with egg beater. This will prevent skum from forming over the top as it cools.

ICED COFFEE

6 cups boiled or percolated coffee
4 inches stick cinnamon
½ teaspoon vanilla
1 cup cream
⅓ cup sugar
Frozen whipped cream

METHOD—Add cinnamon to coffee and chill. Just before serving add vanilla, cream and sugar. Serve in tall glasses with cracked ice. Top with frozen whipped cream.

FROSTED COFFEE

6 cups cold, strained, strong coffee
1 pint vanilla ice cream

METHOD—Serve on tray with coffee in pitcher, ice cream in bowl, glasses and shaker. Put 2 heaping teaspoons of ice cream in shaker, add 1 cup of coffee. Shake till cream is dissolved. Pour and serve. Each guest should be served separately.

CHOCOLATE SYRUP

1 teaspoon cornstarch
1 cup ground chocolate
1 cup sugar
1 cup water

METHOD—Combine cornstarch, chocolate and sugar; add boiling water; cook until clear and blended. Beat with Dover egg-beater.

CHOCOLATE OR COFFEE GINGER CREAM

1 cup sugar
¾ cup honey or 1 cup corn syrup
1 stick cinnamon
¾ cup warm water
2 tablespoons coffee
½ cup ground chocolate
1 teaspoon vanilla
Cream
Gingerale

METHOD—Make a chocolate syrup by mixing well, sugar, honey (or corn syrup), cinnamon and water; add chocolate and cook 2 minutes, then add coffee and vanilla. Strain and keep in a cool place.

Put 2 tablespoons of this chocolate syrup in a glass with 1 tablespoon cream, shake well; add tablespoon cracked ice and fill glass with gingerale

LOGANBERRY FRUIT CUP

1 cup strained tea
3 slices cucumber
Juice 2 lemons
1 stick cinnamon
1 lemon thinly sliced
½ cup corn syrup
¼ cup honey, or corn syrup
1 quart loganberry juice
1 cup pitted cherries
1 pint carbonated water

METHOD—Combine first seven ingredients, stir until honey and syrup are dissolved. Chill and when ready to serve add loganberry juice, cherries and sliced lemon. Remove cinnamon and add carbonated water. Pour over a block of ice or serve in glasses with cracked ice. A little mint may be added if liked.

ICED GINGER AND ORANGE CUP (For 75 people)

2 gallons orange ice
Juice and edible pulp of 18 oranges
16 quarts chilled gingerale

METHOD—Turn into two punch bowls the orange ice (1 gallon to each), orange juice, pulp, and gingerale. No ice will be required as fruit ice and other chilled ingredients will render it sufficiently cool.

CURRANT AND RASPBERRYADE

1 quart currants
1 cup water
½ cup sugar
½ cup crushed raspberries
1 quart ice water
½ cup cold tea
Juice 1 lemon
1 pint cracked ice
½ cup raspberries
1 pint carbonated water

METHOD—Heat currants with 1 cup water, mash fruit and simmer for 5 minutes. Remove from flame, press through a sieve and add sugar and crushed raspberries. Cool, add tea, lemon juice and place on ice to chill and ripen. When ready to serve stir well, add cracked ice, fresh raspberries, ice water and chilled carbonated water. Serve in slender glasses and top each with sweetened whipped cream.

WITCHES' PUNCH (Hallow'een)

Juice 3 lemons
2 cups tea
1½ cups sugar
3 thinly sliced oranges
1 quart iced gingerale
1 quart sweet cider

METHOD—Place lemon juice in mixing bowl, add

tea, sugar and slices of oranges. Place on the ice to chill and ripen. Just before serving add gingerale and cider. Turn over a block of ice placed in a punch bowl and serve. Serves 18 persons.

FRUIT JUICE EGGNOG (Individual)

1 egg
Few grains salt
1 teaspoon powdered sugar
¼ cup chilled milk
⅓ cup grape or loganberry juice

METHOD—Turn into a shaker with 2 tablespoons finely chopped ice and shake for 3 minutes. Serve in a tall glass, top with grated nutmeg.

FRUIT PUNCH

2 cups sugar
1 quart water
Stick cinnamon
1 quart sherry flavoring
6 lemons (juice)
1 pint pineapple juice
1 box raspberries

METHOD — Cook sugar, water and cinnamon together 5 minutes. Cool and add sherry flavoring, lemon and pineapple juice. Strain over a block of ice in punch bowl and add raspberries.

GRENADINE FRUIT PUNCH

Juice 1 can sliced pineapple
Juice 4 lemons
Juice 3 oranges
1 cup of any available bitters
3 pints carbonated water
2 cups Grenadine syrup
Sprigs of mint, cherries

METHOD—Mix fruit juices in large pitcher, add water and ice, sliced lemon, sprigs of mint, cherries and cubes of pineapple. Serve very cold.

VARIATION—Sweet Sherry Flavoring may be used in place of Grenadine, if liked.

Candies

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CHAPTER XXIV

CANDY

In making candies in the home, a candy thermometer is necessary. The following table shows the temperature of the important stages in boiling syrup:

Small thread	F. 215 degrees
Large thread	217 degrees
Pearl	220 degrees
Large pearl	222 degrees
The blow	230 degrees
The feather	232 degrees
Soft ball	238 degrees
Firm ball	248 degrees
Hard ball	254 degrees
Small crack	290 degrees
Hard crack	310 degrees
Caramel	350 degrees

Fondant is the foundation of so many candies this fundamental principle should be understood.

Fondant is a soft, creamy mass of sugar so finely grained that no crystals can be felt, and of such consistency that it may be molded in any shape.

Success in making fondant (and this is true of all candies) consists of completely dissolving the sugar before boiling; boiling the sugar until the proper density has been reached and then immediately controlling conditions so that recrystallization takes place without the formation of discernible crystals.

Sugar, water and some agent for inverting part of the sugar; this latter may be glucose, corn syrup or acid (cream of tartar, tartaric acid or lemon juice). This acid inverts part of the sugar and interferes with the reformation of large crystals.

The use of too much acid will invert too much sugar and thus prevent the crystallization of the mass.

Too much water will require longer cooking for the syrup, requiring a longer time to produce the proper density, and this, it is found,, produces an appreciable amount of inversion. Definite amount of water, acid and sugar are necessary, and these amounts have been

formulated by expert candy makers and offer success to the amateur who patiently follows directions.

It has been found that much difference is noted in the fondant made at sea level and that made at higher altitude, and sea-level-made fondant is less likely to "grain" than same material made into fondant at 2000 to 6000 feet elevation. This is due to the time it takes to reach the boiling point, atmospheric conditions being taken into consideration.

NOTES ON FONDANT

Glycerine added to fondant makes a glassy, smooth surface to mints or bonbons.

Paraffin is sometimes added to fondant for mints; 1 teaspoon melted parawax to 2 cups fondant being permitted.

Brown sugar instead of granulated gives a soft smooth candy, some times called Penoche.

FONDANT

⅔ cup boiling water
2 cups granulated sugar
1/16 teaspoon cream tartar

METHOD—Pour water over sugar in a smooth saucepan, stir until sugar is dissolved. With a cotton mop wipe down sides of the saucepan, place on stove, cover and allow to come **slowly** to boiling point. Do not stir from beginning to end. When boiling add 1/16 teaspoon cream tartar, **uncover,** turn on more heat and allow to come quickly to 238 degrees, or what is known as the soft ball—that is, will form a soft ball in cold water—which, while it holds shape, can be molded with fingers. Others test this temperature as the "first thread" at which syrup spins.

Pour syrup into a large platter, slightly oiled or on a marble slab. Let stand about 15 minutes to cool, but do not allow to become hard about the edges. With spatula fold in edges toward the center and work as one would butter until white and creamy.

It will quickly change from this condition into lumps and then it must be kneaded with the hands until perfectly smooth. Put in a bowl, cover with oiled paper to

exclude the air, to prevent a crust forming on top and allow to stand 24 hours.

It is then ready for the many uses to which fondant is put.

Variation is gained by the addition of shredded cocoanut, nuts and fruits to fondan, dipping in chocolate or adding fruits and nuts. It may be melted, flavored and colored for mints.

ORANGE FONDANT

2 cups sugar
⅔ cup water
1 orange rind (grated)
3 tablespoons orange juice
2 tablespoons corn syrup
1 tablespoon lemon juice

METHOD—Put sugar, water and corn syrup into a saucepan and cook, follow general directions for cooking fondant, except for temperature to which the syrup is cooked. Temperature 252 degrees F. is required. Remove from stove. Mix together orange juice, rind and lemon juice. Spread over a cold platter. Pour hot syrup over fruit mixture. Do not stir.

Cool to 110 degrees F. (lukewarm), and beat, following general directions for beating, kneading and storing of fondant.

It is somewhat difficult to beat as fruit juice will not blend easily with thick syrup.

Cold water test 252 degrees F., very firm ball.

CARAMEL FONDANT

Caramel syrup
1 cup water
1 cup sugar

METHOD—Place 1 cup of sugar in frying pan, heat slowly and stir constantly until melted to a syrup of light brown color. All boiling water (it will lump); stir until thin, smooth syrup is formed. Allow to simmer about 5 minutes. Remove from stove and keep in covered jar or until needed.

1 teaspoon vanilla
⅔ cup caramel syrup (above)
2 cups sugar

METHOD—Put sugar and caramel syrup in a saucepan and cook, following directions for fondant. Cool until temperature 240 degrees F. is reached as caramel tends to make fondant softer and more sticky.

BUTTER FONDANT

2 cups sugar
¾ cup milk
1 tablespoon corn syrup
1 tablespoon butter
1 teaspoon vanilla

METHOD—Cook all ingredients, except butter and vanilla, in a saucepan, stirring until sugar is dissolved. Continue cooking until temperature 238 degrees F. is reached. Occasional stirring will be required to keep from scorching.

Remove from stove, add butter, and allow to stand until butter is melted. Stir only enough to mix butter through the mass and pour on a platter which has been rinsed with cold water. When cool (110 degrees F.) add vanilla; beat. Follow general directions for kneading fondant. This is not as smooth as water fondant. It has a slightly caramel flavor and rich cream color. Cold water test when fondant reaches 238 degrees; Soft ball.

UNCOOKED FONDANT

1 tablespoon water
1 teaspoon lemon juice
1 egg white
3 cups confectioners sugar

METHOD—Combine water, lemon juice, egg white, beat in sugar with egg beater or fork, added very gradually until smooth and creamy. Too much sugar is to be guarded against. This fondant may be kneaded on a board and set aside, well covered with paraffin paper to ripen. Use for mints, colored, flavored to suit; combine with nuts and fruit or dip in chocolate. Use for stuffing dates, or melt over hot water and dip nuts in to coat.

FUDGE

2 cups sugar
⅔ cup rich milk (canned may be used)
2 squares chocolate
2 tablespoons corn syrup
2 tablespoons butter
¼ teaspoon salt
1 teaspoon vanilla

METHOD—Put sugar, milk, chocolate and corn syrup into a saucepan and cook slowly, stirring until sugar is dissolved. Continue cooking, stirring to prevent burning until temperature 236 degrees F. is reached (soft ball in cold water). Remove from stove, add butter and set aside to cool 15 minutes without stirring. When

candy is cool (lukewarm), add salt and vanilla and beat until fudge loses its shiny look and a small piece dropped from spoon will hold its shape. Be sure to beat until it has lost its sticky consistency before pouring into pans. Fudge made with corn syrup requires more beating. It may be necessary to knead fudge to flatten in pan. Cut in squares when cold.

N. B.—Sugar and milk may be cooked in 230 degrees F. and chocolate added; the cooking to proceed as above. There is less danger of its burning in this way.

BROWN SUGAR FUDGE

1 cup brown sugar
1 cup granulated sugar
⅔ cup milk
½ cup chocolate
2 tablespoons butter
1 teaspoon vanilla
Pinch salt

METHOD—Put sugar, milk and chocolate into saucepan and stir constantly; cook slowly until the temperature 236 degrees F. is reached (soft ball in water).

Remove from flame, add butter without stirring and set aside to cool. When candy has cooled add vanilla and beat until fudge has lost its shiny look and a small amount dropped from the spoon will hold its shape.

N. B.—The most important factor in making good fudge is the temperature at which it is beaten. When removed from stove should be allowed to cool to 110 (lukewarm) before it is stirred at all. The butter should not be stirred in. If stirred while hot, large sugar crystals will form and candy be "grainy." Allowed to cool before stirring, fudge will be smooth and grainless.

CREAM FUDGE

2 cups granulated sugar
1 tablespoon corn syrup or 1/16 teaspoon cream tartar
½ cup rich cream
¼ cup milk

METHOD—Boil these ingredients together to 238 degrees F., or until soft ball is formed in cold water. Allow to stand in saucepan until cold, add 1 teaspoon of any flavoring, beat well and pour on buttered platter. When set, mark off in blocks with a knife.

VARIATION—Pour cream fudge over marshmal-

lows, chopped small, and nuts.

When fudge begins to cream, add fruit, cherries, pineapple and nuts before pouring on buttered pan.

Eight marshmallows, cut small, allowed to melt in the hot mixture and beaten in vigorously, will give a delightfully creamy light mixture.

ORANGE FUDGE

2 cups sugar
¼ cup cream
¼ cup orange juice
1 tablespoon grated orange rind
1 tablespoon butter
½ cup candied orange peel.

METHOD—Mix sugar, cream and orange juice, and follow the usual method of cooking to 238 degrees F. Add the rind and butter, cool and beat well until creamy. Place orange peel on bottom of a buttered pan and pour candy over. The peel may be omitted and marshmallows used.

PENUCHI

3 cups brown sugar
1 cup milk (top)
2 tablespoons butter
1½ teaspoons vanilla
¾ cup nut meats

METHOD—Follow directions for fudge, stirring constantly as there is more of a tendency for brown sugar to curdle the milk. Add nuts at last of beating.

VARIATIONS—Coffee—Use 1 cup strong boiled coffee, instead of milk called for in penuchi recipe above.

Orange—Use 1 cup of candied orange peel (cut small) instead of 1½ cups of nuts as above.

VANILLA DIVINITY

2⅓ cups sugar
⅔ cup white corn syrup
¼ teaspoon salt
½ cup water
2 egg whites
½ teaspoon vanilla
1 cup nut meats (pecans or walnuts)

METHOD—Put sugar, corn syrup, salt and water into a saucepan, stir sugar to dissolve, bring slowly to boil, covered. When boiling, uncover and without stirring, cook to temperature 245 degrees F. (spin hair, or firm ball in water).

Wash away any sugar crystals that may form. Re-

move from stove and gradually pour syrup over egg whites, which have been beaten until stiff. Continue beating until candy will hold its shape when dropped from spoon. Add vanilla and nut meats and mix thoroughly. Drop by teaspoons on waxed paper or pour into buttered pan and cut in squares.

SEA FOAM

1 cup granulated sugar
1 cup brown sugar (pressed down in cup)
⅓ cup boiling water
1 teaspoon corn syrup
1 egg white (beaten well)
½ teaspoon vanilla
½ cup finely chopped fruit

METHOD—Stir sugar, water and syrup together and boil until it spins a hair (about 240 degrees F.) Pour over the beaten egg white, beating constantly until it begins to get creamy. Add vanilla and fruit. Place the saucepan in a larger one-half filled with hot water to prevent it getting hard. Drop by teaspoons on oiled marble or an aluminum tray. This gives a pretty finish, but mixture may be poured out on a plate to harden and cut into squares.

If not boiled long enough it may require long beating. The addition of ¼ teaspoon baking powder has tendency to "dry" the candy.

PATIENCE

1 cup granulated sugar
1 cup rich cream or canned milk
2 cups granulated sugar
1 cup marshmallows, cut in quarters
1 cup cream
1 cup pecans

METHOD—Use a deep aluminum kettle for making this candy and begin with 1 cup sugar without liquid of any sort. Place it over flame and stir until the sugar has melted and formed a syrup, which will be in about 12 minutes. Add 1 cup cream and continue to cook over a low flame, stirring until caramel, which has lumped in a very tough cake, has melted and is a syrup. At this point add 2 cups sugar and another cup of cream and cook (stirring only enough to prevent burning) until when dropped into cold water a solid soft ball is formed.

Allow to cool for 5 or 8 minutes and beat until very creamy. Add nuts and marshmallows and pour into a buttered pan.

CARMELS—VANILLA

2 cups granulated sugar
1 cup corn syrup
1 cup condensed milk
½ cup cream
1 cup milk
⅛ cup butter
½ teaspoon salt
2 teaspoons vanilla

METHOD—Mix together all ingredients except the vanilla; cook over low flame, stirring constantly, until mixture reaches 247 degrees F.

Remove from fire, add vanilla; turn at once into very slightly oiled pan. When cold, turn the block of candy out of pan in order to cut more evenly.

When cool, cut into squares and wrap each caramel in waxed paper.

VARIATIONS—CHOCOLATE CARAMELS—Add 3 tablespoons of melted chocolate to above recipe when thermometer registers 230 degrees and finish as directed.

NUT CARAMELS—Add 1 cup of coarsely broken nut meats after removing caramel mixture from heat and stir them in lightly.

MAPLE PRALINES

2 cups confectioners' sugar
1 cup maple syrup
1½ cups nut meats
½ cup evaporated milk

METHOD—Cook sugar, syrup and milk together rapidly until it forms a soft ball in water or 238 degrees F. Cool and beat until creamy, add nuts and drop by spoonsful onto waxed paper.

PRALINES

1 tablespoon butter
⅔ cup sifted brown sugar
½ cup granulated sugar
3 tablespoons water
½ teaspoon vanilla
½ cup pecans

METHOD—Place butter, sugars and water in saucepan, bring quickly to boiling point and cook to 248 degrees F. (firm ball in water). Remove from fire, add vanilla and pecans. Stir lightly and drop at once into paper bonbon cups. If mixture gets too thick reheat over hot water.

PRALINE GARNISH

½ pound blanched and dried almonds
1 cup sugar

METHOD — Cook sugar to caramel. Almonds blanched and thoroughly dried in oven 275 degrees for 20 minutes. Add to caramel, let cook two minutes. Turn upon a well-oiled marble slab, or pie pan, to cool.

Chop in a wooden chopping bowl and pass through a coarse sieve. Whatever will not pass through the sieve should be chopped again and sifted until the whole does pass through the sieve. Serve, sprinkled on vanilla ice cream.

CREAM TAFFY

2 cups sugar
¼ cup white corn syrup
¾ cup water
1 cup cream
1 teaspoon vanilla

METHOD—Put sugar, corn syrup and water into saucepan and cook, stirring until sugar is dissolved. Continue cooking until 250 degrees F. is reached. (Hard ball in water). Add cream and cook slowly, stirring constantly to prevent burning, until 260 degrees F. is reached. Remove from fire and pour in oiled pan. When cool enough to handle pour vanilla into center of mass and fold in edges, remove from pan and pull. When rather firm and buff color, stretch out in long rope, cut into pieces and if not to be used at once, wrap in waxed paper.

MOLASSES TAFFY

1 cup granulated sugar
1 cup brown sugar
¾ cup water
2 cups sorghum, light molasses
¼ cup butter
⅛ teaspoon soda
¼ teaspoon salt

METHOD—Put sugar, molasses and water in pan and cook to 265 degees F. (hard ball in water). Cook slowly and stir during latter part of cooking to prevent burning. Remove from stove, add butter, soda and salt, stirring just enough to mix well. Pour into an oiled pan and let stand until cool enough to handle. Gather into a ball and pull until rather firm and light yellow in color. Stretch out in a long rope and cut into pieces. If not to be used at once, wrap in waxed paper.

AFTER DINNER MINTS

1 teaspoon vinegar
Few drops oil of peppermint
¼ teaspoon cream of tartar
2 cups sugar
⅔ cup boiling water

METHOD—Put all ingredients, except peppermint, in saucepan. Stir until sugar is dissolved, wash down

sides of saucepan and boil without stirring to 265 degrees F., or until hard ball is formed. Pour into slightly oiled marble and leave until cool enough to handle. Pull with fingers and add oil of peppermint or any other flavor desired. When too stiff to pull, stretch out in a long rope and cut in small pieces. Cover with a mixture of 2 cups powdered sugar and 1 cup cornstarch, keeping each piece separate and put aside in a warm place (as a warming oven with door left open) until they become sugary.

Sift off sugar and cornstarch and pack in covered jars or tin boxes for at least 2 days before using. As the mints are kept they "ripen" becoming more creamy. Cold water test when candy reaches 265 degrees F.: Hard ball almost brittle.

ENGLISH TOFFEE

2 cups sugar
1½ cups white corn syrup
1½ cups evaporated milk or thin cream
⅛ teaspoon salt
3 tablespoons butter
1 teaspoon vanilla

METHOD—Put sugar, corn syrup, milk and salt into a saucepan and cook, stirring until sugar is dissolved. Continue cooking until temperature is 244 degrees F.; firm ball in water. It will be necessary to stir often as it scorches easily. Add butter and continue cooking to the temperature 252 degrees F. (hard ball.) Add vanilla.

Pour in a thin layer on an oiled slab; when still warm mark with a knife in rectangular shapes, quite deep so that it may be broken apart when cool. Wrap each piece in waxed paper.

VARIATION—NUT TOFFEE—Use recipe above and follow directions for cooking. When done add one-half cup of blanched, chopped almonds that have been browned in the oven. Stir just enough to mix through the candy, or the nuts may be poured over the toffee while still hot.

SCOTCH KISSES

English toffee
Marshmallows

METHOD—Wipe loose starch from the marshmal-

lows with a cloth. Dip them very gently, one at a time, into English toffee, lifting them from saucepan with a fork. Lay them upside down on an oiled slab or platter to cool.

NUT BRITTLE

2 cups granulated sugar
1 cup brown sugar
½ cup white corn syrup
½ cup water
1½ cups nut meats (broken)
⅛ teaspoon salt
⅛ teaspoon soda
¼ cup butter

METHOD—Put sugar, corn syrup and water into a saucepan, stir until sugar is dissolved. Cook, without stirring, until 300 degrees F. is reached. (Cold water test 300 degrees F., very brittle). Remove from fire and add salt, soda and butter and stir only enough to mix well. If much stirring is done candy will sugar. Add nut meats and turn at once on an oiled pan, thin layer. Do not scrape saucepan as it may cause candy to sugar. Smooth with a spatula. Take hold of edges of candy, lifting it slightly from the pan, pull it as thin as possible then break into irregular pieces.

LOLLYPOPS

2 cups sugar
1 cup water
Coloring matter
⅔ cup white corn syrup
⅓ teaspoon oil of peppermint

METHOD—Put sugar, corn syrup and water into a saucepan, stir until sugar is dissolved. Cook, without stirring, until 310 degrees F. is reached (hard crack). During the cooking wash sides of saucepan with a wet cloth to remove any sugar crystals. The last 20 degrees of cooking should be done slowly, so that there will be no discoloration of syrup along sides of pan. When done remove from flame, add coloring and flavoring, stir only enough to mix. From this point work must be done very rapidly because candy will harden quickly. Drop from the tip of a spoon on an oiled slab, press one end of a butchers' skewer into end of each lollypop. If decorations are to be used on the lollypop, they should be placed on while candy is still warm, so they can be pressed into the candy.

Loosen lollypops from slab as soon as firm, before

entirely cold, or they will crack when being taken up.

CANDIED ORANGE PEEL—(EASY TO MAKE)

1 cup water
3 cups sugar
6 orange peels

METHOD—Peel 6 oranges. Cover with cold water, bring to boil, change water and boil until tender. Drain thoroughly. Remove excess white with spoon, cut in strips. Boil 2 cups of sugar and water until it threads, 240 degrees F. Add peel and let boil until syrup is evaporated. Watch carefully. Add 1 cup of sugar and stir with a fork until crystallized. Spread on waxed paper to dry.

CANDIED NUTS

1 teaspoon corn syrup
2 tablespoons boiling water
2 cups confectioner's sugar
¼ teaspoon extract or orange juice
Nuts (should be hot)

METHOD—Place corn syrup and water in double boiler and add, gradually the sugar, beating constantly until 2 cups have been used. Keep in the hot water, but remove from the stove and add extract. Dip nuts in soft mixture and place on waxed paper to dry out. Heat nuts in oven for 20 minutes at 300 degrees before candying.

SPICED NUTS

½ pound almonds
2 cups confectioners' sugar
½ cup cornstarch
2 teaspoons salt
½ cup cinnamon
1 tablespoon ground cloves
2 teaspoons ginger
1 teaspoon ground nutmeg
1 egg white
1½ tablespoons cold water

METHOD—Blanch almonds and place in slow oven to dry. Sift sugar, cornstarch, salt and spices together 3 times, to mix thoroughly. To egg white, add cold water; beat slightly so egg will not be stringy. Place a portion of nuts in a coarse strainer; dip up and down in egg white to coat each nut well. Drain. Roll nuts in small amount of spiced sugar mixture, which has been placed on sheet of paper. Repeat until all nuts are coated. Place layers of spiced sugar mixture, ¼ inch

thick, in shallow pans. Drop coated nuts into this, leaving space between each. Cover with spiced sugar mixture. Bake 3 hours at 250 degrees F. When finished, nuts should be completely covered with a thin, brittle coating of spiced sugar mixture. Remove from oven and sift sugar from nuts.

CRYSTALLIZED FIGS

4 quarts ripe figs
6 quarts boiling water
1 cup soda
6 quarts cold water
6 cups boiling water
4 cups sugar

METHOD—Pour boiling water and soda over figs and let stand about 15 minutes. Drain and cover with the cold water for 5 minutes. Drain thoroughly, add to boiling syrup which has been made by boiling together the remaining sugar and water for 5 minutes. Be sure that all figs are completely emmersed and allow to boil rapidly 40 minutes. Remove from syrup, drain well and place on wire trays or platters to dry. Place in the sun, turning fruit from time to time. Roll in sugar, if desired, and pack in boxes with oiled paper between each layer. Place a bay leaf on top of the last covering of oiled paper. The oven may be used for drying. Temperature should be 120 degrees F.

MARSHMALLOWS

2 tablespoons plain gelatin
½ cup cold water
Few grains salt
2 cups sugar
¾ cup water
½ teaspoon vanilla

METHOD—Soften gelatine in ½ cp cold water 5 minutes. Mix salt, sugar and ¾ cup cold water; boil until syrup spins a thread when dropped from tip of spoon. Add softened gelatine and let stand until partially cooled, then add flavoring. Beat until mixture becomes white and thick. Pour into granite pan, dusted thickly with powdered sugar, having mixture 1 inch in depth. Let stand in cool place until thoroughly chilled. Turn on a board, cut in cubes, with scissors, and roll in powdered sugar.

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Canning, Preserves, Jellies, Pickles

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CHAPTER XXV

METHODS IN HOME CANNING

The principles and theory of canning are the same whatever the scale on which it is done. The differences are only in the mechanical details of the methods of applying these principles.

There are two general methods. In one, known as the "Hot-pack method," the material is cooked in open pots and poured while hot into the cans, together with the hot brine or syrup. The cans are sealed immediately, and sterilized. In the "Cold-pack method" the freshly prepared material is placed cold in the cans, covered with the hot syrup or water, sealed and sterilized. The material is always hot when the cans are sealed. Only the cold pack method is described here, as it is generally the best, especially for home use. The sterilizing can be accomplished in the oven, the necessary point being the complete control of the oven.

STEPS IN COLD-PACK CANNING

Vegetables and fruits should be as fresh as possible, used as soon as possible.

Grade vegetables or fruits according to ripeness and size.

Prepare the vegetables and fruits, string the beans, shell peas, peel tomatoes, stone cherries, etc.

Have the glass jars thoroughly sterilized by thorough washing and placing in a large kettle of cold water and bringing slowing to boiling point. Keep this temperature until the jars are needed. Remove from the boiling water with a sterile stick, invert on a sterile hot cloth spread on table or sink. When needed turn the jar up to receive the material.

Have vessel ready in which sterilizing is to be done, also large pan of boiling water for blanching, tea kettle of boiling water for filling jars when packing vegetables, and a kettle of boiling syrup when fruit is canned.

Test jars, rubbers and tops. Place the tops with jars, and rubber bands in a smaller pan of boiling water.

BLANCHING

Blanch such fruits and vegetables as carrots, beets,

corn, beans, peas, apricots, peaches, pears and apples.

Place materials in a large square of cheesecloth, dip into boiling water for sufficient length of time to shrink slightly, partly sterilize and thoroughly clean. This will make them more flexible and allow more to be packed in jar. It is well to remove from boiling water and immediately dip in cold water, then pack in sterilized jars; fill the same with boiling water or syrup as the case may be. For vegetables add 1 teaspoon salt for each pint of material, fill with boiling water. Rubbers and tops adjusted, jars are placed in sterilizer. Top should be loosely screwed on.

Any covered vessel may be used in which jars can be heated to a degree and for the time necessary to sterilize their contents. This may be an ordinary wash boiler, with a false bottom, contrived at home with wire mesh cut to fit vessel (this being necessary to prevent jars coming in direct contact with the bottom of boiler, where too much heat would cause breakage.) Canners may be bought which are most convenient, but no more efficient. Jars are placed in such a manner as not to have any two of them touch, and the water brought to ¾ height of cans, cover adjusted and water allowed to boil. When processed proper length of time, remove from vessel, screw top on tight and invert jars. Cool as rapidly as possible after the sterilization has been completed.

OVEN CANNING WITH OVEN THERMOSTATIC CONTROL

Blanch, remove fruit or vegetables immediately from cold water. Have sterilized jars ready. Let stand in hot water. Fill with fruit or vegetables. Pack jars carefully and firmly.

Add syrup to fruit and boiling salted water to vegetables to cover. Adjust rubbers, screw tops on loosely.

Put shelf on second runner of oven. Place jars on shelf or in a dry, shallow pan. (They will be easier to handle in a pan.) Do not let jars touch.

Pre-heat oven to 250 degrees F. Do not let exceed 275 degrees F., and if electric oven is used, never use upper element as this may crack jars.

When liquid begins to boil, begin to count the time. Screw tops very tight the moment they are removed from oven.

The process of canning in the oven accomplishes same results as hot water bath on surface burner. The use of heated air takes the place of hot water, a very great convenience and saving in time, and boiling point of liquid is maintained from 212 to 225 degrees F.

SYRUPS

Syrups for canning have been selected with reference to securing good color, texture and flavor in finished product. For instance, sour fruit requires a heavy syrup, and syrups used for sour and mild fruit range in density from 10 to 50 degrees as measured by a saccharometer. For instance, No. 1 is 10 degrees density, No. 2 is 20 degrees density, No. 3 is 30 degrees density, and so forth. To make these syrups in one's own home, the following is a portion table:

Syrup No. 1, use 14 oz. sugar to 1 gallon water.
Syrup No. 2, use 1 lb. 14 oz. sugar to 1 gallon water.
Syrup No. 3, use 3 lb. 9 oz. sugar to 1 gallon water.
Syrup No. 4, use 5 lb. 8 oz. sugar to 1 gallon water.
Syrup No. 5, use 6 lb. 13 oz. sugar to 1 gallon water.

If you have no other way of weighing, approximate your amounts, for instance, two cups of sugar makes one pound, and there are 16 tablespoons to a cup and two tablespoons to an ounce. No. 3, for instance, is three pounds and nine ounces of sugar. You may first take the three pounds which would give you six cups, and then the nine ounces would give you one cup and two tablespoons. Add the water to your sugar and bring to the boiling point; be sure it is at boiling temperature before pouring it on your fruit.

Eeach type of fruit requires a different amount of sugar. No. 3 is the amount for canning peaches.

1. FRUITS

Cherries Blackberries Gooseberries
Strawberries Plums

Look over carefully, cold dip, remove at once. Pre-heat oven to 250 degrees.

Pint jars, 16 minutes. Quart jars, 20 minutes.

Apples	Blanch 1½ minutes, cold dip.
Pears	Quart jars, 24 minutes.
Peaches	Pint jars, 20 minutes.
Rhubarb, etc	

2. GREEN VEGETABLES

(Pre-heat Oven to 250 Degrees)

GREEN PEPPERS—Blanch 15 minutes and cold dip, quart jars 90 minutes, pints 70 minutes.

RIPE PEPPERS—Blanch 3 minutes and cold dip, quart jars 90 minutes.

ASPARAGUS—Blanch 12 minutes and cold dip, quart jars 90 minutes.

PEAS—Blanch 6 minutes and cold dip, quart jars 60 minutes.

BEANS—Blanch 6 minutes and cold dip, quart jars 180 minutes.

BEETS—Blanch 6 minutes and cold dip, quart jars 90 minutes.

TOMATOES—Blanch 2 minutes and skin, quart jars 24 minutes.

CORN—Blanch 5 minutes (on cob) and cut, quart jars, 120 minutes.

PEPPERS (PIMIENTOS)

Select sound, uniform peppers of medium size. To remove seeds, cut around stem of each with a slender paring knife and remove the inside partitions. To peel, place pepper in a hot oven from 6 to 10 minutes (until the skin blisters and cracks), being careful not to allow them to burn; remove the skin with a slender paring knife. Flatten the peppers and pack in horizontal layers. Place whole peppers in the cans. No liquid is used. Process in jars 40 minutes, half pint 20 minutes.

CORN AND TOMATOES

Prepare each vegetable as for canning. Chop the tomatoes into medium sized pieces or heat to the simmering point and put them through a sieve. Mix two parts tomatoes to three parts of corn. Pack into hot glass jars. Add 1 level teaspoon salt. Process in water bath or water seal for 2 hours or under 10 pounds steam pres-

sure 60 minutes or oven 180 minutes. When cool, store in a dark, dry, cool place.

CONCENTRATED VEGETABLE SOUP MIXTURE

Any desired mixture of vegetables may be packed for home use. A good combination consists of 1 quart of concentrated tomato pulp, 1 pint corn or tiny lima beans, 1 pint okra, 1 small onion chopped, ½ cup chopped sweet red pepper, ½ teaspoon salt, and 3 teaspoons sugar. Cook the tomatoes, peppers and onion; put through a sieve to remove seeds; and cook down to about the consistency of ketchup. Measure, add corn or beans and okra which have been prepared as for canning. Add the seasoning and cook all together for 10 minutes. Pack into hot jars, and process in water bath for 2 hours or under 5 pounds for 60 minutes or under 10 pounds steam pressure for 40 minutes or oven 180 minutes, 250 degrees.

PEACHES

Before preparing fruit make syrup No. 2 or No. 3 (or richer, if desired), allowing 1 cup of water to each quart jar, and boil 5 minutes.

Sort the fruit, using firm peaches for canning. Put aside the soft or broken ones for jam. Immerse peaches in boiling water about 1 minute or until the skins will slip easily. Plunge at once into cold water for a few seconds. Remove the skins, cut peaches into halves, and discard the pits. Pack at once, placing halves in overlapping layers, concave surface of each half being downward and blossom end facing the glass. Fill each jar with syrup and paddle or stir carefully with spatula to remove air bubbles. Process in water bath or water seal for 30 minutes, if the fruit is quite firm and hard, or for 20 minutes if fruit is ripe and tender; or in oven 1 hour at 275 degrees. Remove jars from canner or oven and seal at once.

N. B.—These directions apply to apricots, green gage and satsuma plums.

PEARS

Select firm, ripe pears. Peel, cook for 4 to 8 minutes, according to size, in boiling water. This preliminary cook is to make hard varieties tender and pack

better. Pack in jars or cans and pour hot syrup No. 3 over them to fill container. Process in water bath 30 minutes for large pears, or 20 minutes for small ones; or in oven 1 hour at 275 degrees. Remove jars from canner or oven and seal at once.

CHERRIES

When cherries are canned without removing pits, it is well to blanch them for 15 seconds to prevent splitting. For sour cherries use No. 4 syrup, and for sweet ones No. 3. Use glass jars and process in water bath or oven. Process in water bath for 25 minutes or in oven 250 degrees for 1 hour. Remove jars from canner or oven and seal at once.

FIGS

Figs for canning should be sound and firm. Sprinkle 1 cup of soda over 6 quarts of figs and add 1 gallon of boiling water. Allow figs to stand in this for 5 minutes. Drain and rinse thoroughly. Bring 2 quarts of No. 3 syrup to the boiling point and add well drained figs; allow the fruit to boil in this syrup for 1 hour. Place the fruit carefully in the hot jars and then fill with syrup. Process in water bath 30 minutes; or in oven 250 degrees for 60 minutes. Remove the jars from the canner or oven and seal at once.

ORANGE MARMALADE

5 oranges (sour) Water
1 lemon Sugar

METHOD—Slice oranges and lemon very thin; remove all seeds. To each pound of fruit add 3 pints of water. Let stand 24 hours; boil for 45 minutes. Remove from stove and let stand 12 hours. To each pound of mixture add 1½ pounds sugar. Boil 45 minutes. Put in glasses and seal.

CALIFORNIA MARMALADE

6 naval oranges 8 tablespoons lemon juice
3 large seedless lemons Sugar

METHOD—Slice oranges and lemons very thin, leaving out thick top and bottom of peel. Add lemon juice and to each pound of fruit add 3 pints water. Let stand 24 hours; then boil 1 hour. Let stand 24 hours; to each pound of mixture add 1 pound sugar and boil rather fast

for 1 hour. After standing a few days it will turn a quivering jelly. It will not jell perfectly if made too late in the season, when oranges are at their sweetest.

FIG MARMALADE

Select very ripe figs, wash and drain, stem and peel. To every gallon of peeled figs, add three quarts sugar and cook until thick and clear. When using a thermometer, cook until 220 degrees F., is reached. Pour into jars and seal.

GRAPE MARMALADE

Select grapes, about half of which are under-ripe. Wash and stem fruit. Separate pulp from skins. Cook pulp for 10 minutes and press through sieve or colander to remove seeds. Add ¾ cup water to each quart of skins and boil until tender. Combine pulp and skins and measure. For every quart of this mixture, use 1 pound sugar. Bring to boil and add sugar, cook, stirring frequently, until it will give the jelly test or reaches 220 degrees F. Pour into sterilized jars and seal.

CARROT MARMALADE

3 pounds raw carrots
3 pounds sugar
6 lemons
½ pound grated almonds

METHOD—Use young carrots. Wash and scrape and put through meat grinder. Cover with water and cook until tender. Press through strainer to make smooth pulp. Add sugar, grated yellow rind and juice of lemons. Place in preserving kettle, let cook gently ½ hour or until thick and clear. When nearly done add almonds, blanched, and put through grinder. Put in glasses and seal.

For variation add 1 teaspoon each powdered cinnamon, cloves and allspice.

STRAWBERRY-PINEAPPLE PRESERVES

1 quart shredded pineapple
4 cups water
11 pounds sugar
6 quarts strawberries

METHOD—Cook pineapple in water about 20 minutes, add heated sugar and when boiling add hulled and washed berries. Cook 20 minutes and seal airtight in sterilized jars.

KUMQUAT PRESERVES

1 pound kumquats 1 pint water
1 pound sugar

METHOD—Sprinkle kumquats with soda, using 1 tablespoon soda to 1 quart fruit. Pour sufficient boiling water over this to cover fruit. Let stand 10 minutes, pour water off and rinse thoroughly in 3 changes water. Make ¼-inch slit in one side of kumquats and place in kettle with sufficient water to cover; boil for 10 minutes. Drain off this water and drop kumquats in boiling solution made of sugar and water. Boil slowly until transparent, and until syrup gives a slight jelly test. Pack kumquats in jars and strain syrup over them. Partially seal and process jars. Seal while hot.

FRENCH PRESERVED PEACHES

Peel sufficient peaches to make 2 pints, weigh them, and to each pound of fruit allow 1 pound sugar. Crack 6 pits, take out kernels, blanch them and put with sugar and 1 pint water in kettle, stir until sugar is dissolved; add juice of ½ lemon and boil slowly, without stirring 3 minutes. Place layer of peaches in bottom of kettle pit side up, and cook very slowly until peaches are transparent but still perfectly whole. Lift 1 piece at a time with a skimmer and arrange them neatly in jars. When the last have been cooked, boil the syrup rapidly, ladle it over peaches in jars. Seal at once.

WATERMELON RIND PRESERVES

4 cups diced (or sliced) melon rind
3 lemons, sliced fine and seeded 3 cups sugar

METHOD—Peel rind of watermelon that is not too ripe, cut or chop in ½ inch cubes or strips, leaving as much red pulp on rind as possible. Add sugar to melon and sliced lemons. Boil slowly about 2 hours, until juice is thick syrup. Place in air tight jars and keep in cool, dry place.

PEACH-NUT CONSERVE

4 oranges 29 peaches (clings)
1 cup sugar to 1 cup fruit 1½ pounds nuts
Pinch salt

METHOD—Cut and chop oranges; mix with sugar and peeled and sliced peaches. Boil until thick (220 degrees F.). Add nuts 5 minutes before removing from

stove. Stir well to prevent burning. Pour in sterilized jars and seal.

FIG CONSERVE

2 cups figs (peeled)
1 cup raisins
2 cups sugar
⅔ cup pecans

METHOD—Cut figs and raisins into small pieces and cook with sugar until thick and transparent, about one hour. Add nuts 5 minutes before removing from stove. Pour into sterilized jars and seal.

STRAWBERRY CONSERVE

3 quarts strawberries
2 oranges, cut fine
1 fresh pineapple, diced
Sugar

METHOD—Measure the prepared fruit and add an equal amount of sugar. Use no water. Cook gently until thick, about 45 minutes, 218 degrees F. Turn into sterilized glasses or jars and seal.

PEACH JAM

2¼ pounds peaches cut into small pieces
½ cup juice or water
1 pound sugar
1 teaspoon bark cinnamon
10 whole cloves
5 allspice berries

METHOD—Peel and chop peaches. Add water and sugar and let stand for half an hour. Stir and add spices in cheese cloth bag. Cook all together until thick as marmalade and clear. Remove spice bag. Pack hot in hot jars, seal and set away to cool.

PINEAPPLE AND APRICOT JAM

Peel and quarter apricots. Add ½ pound of sugar to 1 pound of apricots. Peel and slice pineapple fine, adding ¾ pound of sugar to 1 pound of pineapple. Mix pineapple and apricots together (both sugared), and stand over night. Take 7 pounds of apricots to 1 good-sized pineapple. Boil ¾ of an hour from the time it starts boiling. Pour in sterilized jars and seal.

ENGLISH RHUBARB JAM

6 oranges
1½ pounds sugar
1 quart finely cut rhubarb

METHOD—Chop rinds of oranges. Place orange pulp in preserving pan with sugar, rhubarb and orange rind, bring slowly to boiling point. Cook until a few drops of juice tests for jell. Pour in sterilized jars.

RED RASPBERRY JAM WITH CURRANT JUICE

Wash and crush fruit and to each quart of berries allow ½ cup strained currant juice. Let stand 10 or 15 minutes, turn into preserving kettle, bring to boil and let simmer for 20 minutes. Add ¾ as much sugar as uncooked fruit, and cook down until the juice tests for jell. Pour into jelly glasses and seal.

TUTTI FRUTTI

1 box gooseberries
1 box currants
3 pounds sugar
1 box cherries
1 pint raspberries

METHOD—Wash and pick gooseberries, and stem currants. Add to them 3 cups sugar and boil ½ hour. Wash and pit cherries. Add red raspberries and remaining 3 cups sugar; let stand ½ hour. Add cherries and raspberries to cooked gooseberries and currants and cook 20 minutes longer. Turn into sterilized glasses or jars and seal.

BAR-LE-DUC

1 pound currants
1 pound sugar

METHOD—Clean and pick over ripe currants, detaching from stems. Pour sugar on currants. Set in cool place over night. Next morning turn berries into colander, being careful not to break, and let juice drip from them. If mixture is too thick to flow freely, add a little water. Put syrup on stove and cook for ½ hour. Drop in currants and cook slowly for 15 minutes. Put in jelly glasses or small jars. One-fourth as much gooseberries as currants makes a delightful combination.

TOMATO FIGS

5 pounds small, yellow, pear-shaped tomatoes, or any small tomato
2 pounds brown sugar
4 tablespoons lemon juice

METHOD—Peel tomatoes. In bottom of shallow pan, sprinkle a thin layer of sugar. Spread tomatoes over this; repeat with another layer of sugar and tomatoes, sprinkling them with lemon juice. Place in oven 250 degrees F. and cook until tomatoes have absorbed sugar and look clear. Remove separately to clean platter and let dry in hot sun. Sprinkle occasionally with granulated sugar while drying. Store when perfectly dry in preserve jars.

Figs are prepared in same way.

GINGERED PEARS

8 pounds pears, chopped very thin
8 pounds sugar — 4 lemons
1 cup water — ⅛ pound ginger root

METHOD—Use coarse and firm pears. Peel, core, and cut into thin strips. To the pears add sugar, water, juice and rind of lemons, cut in thin strips, and ginger root, cut in pieces. Simmer to 220 degrees F. Pack into hot jars and seal immediately.

QUINCE HONEY

1 dozen quinces — Sugar
8 pounds apples — ¼ cup lemon juice

METHOD—Grind quinces and apples through meat grinder; add water to cover and cook for 1 hour. Add sugar in proportion of ½ cup to 1 cup liquid and cook for 30 minutes. Place in jars and seal.

LEMON HONEY

2 lemons — ½ pound sugar
¼ pound butter — 2 eggs

METHOD—Grate the lemons, squeeze the juice, melt the butter and beat the eggs. Mix butter, sugar and eggs before adding the lemon juice and grated rind. Cook in a double boiler, stirring until the mixture becomes the consistency of honey. Will keep in jars.

JELLY

Jelly is made from the juice of fruits boiled with sugar to a clear elastic consistency. Jelly must be of good color and firm enough to retain the shape of the mold. The flavor of the fruit juice should be clearly distinguishable in the jelly. Pectin is the jellying principle in jellies.

To make jelly there must be:

1. Juice of any fruit which contains acid and pectin.
2. Sugar
3. Heat
4. Proper equipment.

I. PECTIN is a vegetable substance of starchy origin, which gives the fruit juice its property. Pectin works best in the presence of an acid. Therefore, a fruit

juice which contains both pectin and acid makes a better jelly with a more tender consistency. When pectin is deficient, acid must be added. These two points are most important in jelly making.

There are two ways of determining the pectin content of fruit juice:

(a) ALCOHOL TEST. (Grain alcohol is recommended, however, denatured can be used.) Mix 1 tablespoon of cooked fruit juice and 1 tablespoon alcohol. If pectin is present, it will either collect in a solid mass, indicating a large amount of pectin, or in small particles, indicating a small amount of pectin. Watch carefully as alcohol dissolves the pectin very quickly.

(b) EPSOM SALTS TEST. Mix 1 tablespoon cooked fruit juice, ½ teaspoon sugar and ½ teaspoon Epsom salts. Stir until dissolved and let stand for 5 minutes.

(c) ACID TEST. There is no acid test except tasting. It should have a decided acid taste to have sufficient acid for jelly making.

If additional pectin is needed, boil the fruit with apple peelings, or with the white portion of the rind of lemon or orange.

If additional acid is needed, boil the fruit with lemon juice or slices of lemon.

II. SUGAR. Use beet or cane sugar in jelly-making.

III. EQUIPMENT. Use flat, low kettles of medium size. Use silver or wooden spoons. Do not use a galvanized iron spoon. Fine mesh wire strainers are best. Do not use colanders or aluminum strainers. Cotton or flannel bags are best for jelly bags. Use jelly glasses with tightly fitting covers. Use a paraffin of good quality.

STERILIZATION OF JAM OR JELLY GLASSES. To sterilize the glasses, place in a pan and pour boiling hot water into each until completely full. Let the glasses stand until the jam or jelly is to be poured in. When ready to fill, empty glasses, one or two at a time, then fill with hot jam or jelly preparation.

HOW TO MAKE JELLY—Wash and pick the fruit. Extract the juice by boiling with as little water as pos-

sible until fruit is very soft—this requires never more than 30 minutes. Long cooking destroys the pectin. Filter through a jelly bag. Do not press, as this will make the juice cloudy.

ADDING THE SUGAR. Measure the juice and place back on the stove as soon as it is filtered. The amount of sugar to be used is determined by the amount of pectin or acid in the fruit juice. When pectin is present in the fruit juice, 1 cup of sugar for every cup of juice is necessary, even when apple parings or citrus rind has been added to increase the pectin content. When the sugar has been added, cook rapidly until the jelly stage is reached. It is good to heat the sugar in the oven before cooking with juice.

TESTING THE JELLY. The use of a candy thermometer is the most efficient method of testing. The right degree is between 218 degrees F., and 220 degrees F. But other tests can be made. Two of the simplest:

(a) COOLING TEST. Place a tablespoon of the jelly in a small dish and cool quickly. If it can be pushed back with the spoon, the jelly stage has been reached.

(b) SPOON TEST. Take up a little of the jelly on a spoon. Allow it to cool slightly by moving spoon gently in the air for a few seconds. Then, if the jelly in dropping from the spoon, cleaves off in a sheet or flake and leaves the spoon clean, the jelly stage has been reached. When the jelly stage has been reached, skim the liquid.

POURING JELLY IN GLASSES. Remove glasses from hot water, a few at a time, and drain while hot. Pour the jelly while hot into the hot glasses. Fill the glasses and allow to set five to fifteen minutes and then cover with a thin layer of melted paraffin.

SEALING OF JAM OR JELLY GLASSES. The jam or jelly mixture must be poured in the glasses while hot. The glasses must be full. Cover with a layer of melted paraffin—tipping the glasses to allow paraffin to run along the sides well—this excludes the air. If tin tops are used, the melted paraffin is unnecessary, as the jam or jelly must be sealed while hot.

The best results in jelly making are obtained by cooking only small quantities of fruit at a time—enough to make six to eight glasses of jelly.

The pectin test should be made after the juice has been extracted and before adding the sugar.

The use of a thermometer prevents many failures in jelly making.

Any fruit juice, after boiling has begun, should be cooked to the jelly stage as quickly as possible.

Apple juice is the surest base for other fruit jellies.

Fruit used for jellies should be in firm and good condition. Ripe fruit should not be used.

Using half ripe fruit and half under-ripe fruit in jelly making gives satisfactory results.

Extracting the juice from the fruit must be done by cooking in order to extract the pectin.

Pectin cannot be tested out in uncooked fruit juice.

Jelly bags must be boiled each time they are to be used.

Do not be discouraged in testing your jelly—different juices jell at different temperatures. Keep on testing until stage has been reached.

Too much sugar in jelly makes the jelly soft. Too little sugar makes the jelly tough.

Overcooking is bad in jelly making. It makes a syrupy fluid.

Jelly is more often spoiled by too much sugar than by too little sugar.

Jelly is liable to become overcooked in a very short time.

Add butter while bringing to a full rolling boil. Butter reduces foam and prevents jam and jelly from boiling over. It also lessens the amount of skimming necessary. One-fourth teaspoon butter makes a difference in any jelly, but particularly so in berry jell.

No time should be lost in pouring jelly into glasses, as jelly may harden in the kettle.

In jelly making do not use a kettle which has been chipped. Jelly will stick and burn on this spot.

Skim your jelly as carefully as possible after it is in the glasses. Your jelly will be clearer.

APPLE PECTIN

1 pound apples, skin and cores only.
1 lemon, juice only 1 quart water

Boil together for about ¾ hour. Press through a

cheesecloth bag. Filter through flannel bag without pressure. Bottle the apple pectin. Put caps on bottles. Sterilize for 15 minutes. Keep in cool place until needed in jelly making.

ORANGE PECTIN

Scrape or cut yellow rind from peels of oranges (this is not used). Pass the remaining white peel through a meat chopper. Use enough oranges to make required amount of white peel. Mix as follows:

1 pound white peel, ground
1 quart water.
4 tablespoons lemon juice

Let stand about 20 minutes. Add another quart of water. Boil about 12 minutes. Let stand 12 hours. Boil for 10 minutes. Pass through flannel bag. Bottle the orange pectin. Put caps on bottles. Sterilize for 15 minutes. Keep in cool place until needed in jelly making.

Store jellies in a cool, dry place. Avoid a cover too tight to allow slight seepage of air. Frequent or rapid fluctuation in temperature during storage is undesirable.

BERRY JELLY

Put berries in saucepan and add 1 large sliced lemon to every 3 quarts fruit. Crush fruit slightly and bring slowly to a boil, strain through jelly bag when fruit is quite soft. Return strained juice to stove, boil 6 to 7 minutes and add sugar (amount according to pectin test.) Boil 2 or 3 minutes longer until it tests for jelly. Temperature for perfect jell should be 220 degrees F. Pour in sterilized glasses and seal.

GUAVA JELLY

Wash guavas, remove blossom end and slice into small pieces with sharp knife. For each pound guavas add ½ pint water and boil until soft. Allow to stand until cool. Pour into bag and allow to drain. This juice is then drained without pressing, through a clean flannel jelly bag. Use pectin test to determine amount of sugar to be added. Bring the juice to a boil and add sugar. Continue the boiling until the jellying point is reached. Some guavas require the addition of an acid. Use either lemon juice or citric acid. The pectin of lemon added to guavas is helpful in increasing the amount of jell made from fruit.

CRABAPPLE JELLY

Wash, quarter and core crabapples; do not peel. To each 4 pounds allow 1 quart water. Place crabapples in preserving kettle, add water, cover kettle and cook slowly until apples are tender. Drain in jelly bag, do not squeeze. Bring strained juice to boiling point and boil 10 minutes. Add sugar, (amount determined by pectin test), stir until dissolved. Boil rapidly and continuously until it jells. It is wise to commence testing after 15 minutes. Pour in sterilized glasses and seal.

N.B. Apple jelly may be made by this recipe.

FIVE-FRUIT JELLY

1 pint ripe cherries
2 quarts currants
1½ quarts strawberries
1 pint raspberries
Sugar
1 pint apple juice from cooked apples

METHOD—Stone cherries, saving every particle of juice. Place in preserving kettle and add currants, strawberries, and raspberries. Heat all fruits together until juice runs freely; strain through jelly bag. Add apple juice and allow 1 cup sugar for each cup of the combined fruit juices; cook until it jells. This is a very unusual combinination and should be made the latter part of June when fruits are at their best.

Equal parts of strawberry and currant juice will also give a good jelly, as will equal parts strawberry and apple juice.

ROSELLE JELLY

Break burr from seed pod into small sections. Allow 2 parts water to 1 part fruit. Boil 10 minutes. Cover kettle and set aside until cool. Pour into jelly bag and press until no more juice can be obtained. Test for pectin and add correct amount of sugar. Boil until jellying point has been reached which is indicated by the flaking and sheeting from the spoon. Extreme care must be exercised or it will syrup. Pour in glasses and seal.

BRINING AND CURING PICKLES

Large quantities of cucumbers or vegetables may be cured by brining them and finishing later by the addition of vinegar. It should be borne in mind that the brining is really the important point.

Too much salt will toughen the pickles, as it will have a tendency to draw out the water in the vegetable. The manufacturer uses a brine hydrometer, which makes the brining scientific.

TEST FOR SALT. Since very few women have such an instrument, it is necessary to have a simpler test for salt. To make the brine, use soft water. Rain water or distilled water is best, but in case these are not available, boil the hydrant water, allow it to stand overnight and then pour off what will be needed. Water containing much iron or lime will discolor the pickles. About one pound of coarse salt to one gallon of water will produce a 45 per cent salt solution. The cucumbers need not be washed before brining, but they should be graded, that the pickles of one size be brined together, and the cucumbers should be weighed down into the brine with a heavy weight—a rock placed on a china plate will do—and the brine should cover every particle of the cucumber. A thin cloth should be put over the top of the vessel to protect from dust but to admit air. If pieces of cucumber protrude from the brine, bacteria which is not wanted will form, and, because it grows rapidly, great damage to the whole mass will be effected. The addition of a little vinegar will destroy this harmful bacteria, if discovered in time to prevent softening and deterioration.

ACID TEST. To determine when the brine reaches the acid stage, put a piece of blue litmus paper into it. If the litmus paper turns red, showing the presence of acid, all air should be excluded from the brine at once. This prevents the formation of yeast scum, which causes spoilage of pickles.

As soon as the acid test is obtained, take care to weight the cucumber down under the brine, cover the brine with a piece of cheesecloth and then pour on a thick layer of melted paraffin. Place the lids on the crocks or jars and wrap a strip of cheesecloth dipped in hot melted paraffin around where the lid and top of container meet; let the paraffin harden and seal. Care should be taken not to pour it over the brine until ferementation has ceased, otherwise the gases arising from the brine will crack the paraffin and make remelting necessary. The containers should not be disturbed after they have been so sealed.

The top scum will not grow without air, therefore exclude the air before it becomes dangerous. When the pickles are covered with vinegar they should be firm, plump, olive green and in good condition. The great secret of pickle-making lies in bringing about the acid formation quickly and then preserving the acidity of the brine by covering tightly.

When ready to spice, freshen the cucumber by placing in cold water for an hour or two and then placing in a lime bath of one ounce of lime to one gallon of water. Calcium oxide is the lime to be used and may be procured at any drugstore. Soaked in this for an hour, the pickles will be crisp. If the color is a matter of great importance, the green may be intensified by placing the pickles in a soda bath, one teaspoon to a gallon of water. After using either of these baths the pickles should stand in cold water for an hour before spicing.

SOUR PICKLES

Place 25 brined cucumbers in preserving kettle, add enough cider vinegar to cover them to ½ depth, add boiling water, 1 oz. celery seed, 2 oz. ginger root, piece of horseradish root, and heat to the boiling point, add 1 dozen dried pepper pods, 1 cup pickling spices and boil for 5 minutes. Fill jars and cover with this vinegar.

EASY TO MAKE BREAD AND BUTTER PICKLES

6 large sour pickles
3 cups sugar
2 tablespoons white mustard seed
2 tablespoons celery seed
1 teaspoon mixed pickle spices

METHOD—Slice pickles, mix together spices and sugar and add to sliced pickles. Pack in sterilized jars and seal. In two or three days these will be very much like commercial bread and butter pickles, but they will be brittle.

BREAD AND BUTTER PICKLES

2 dozen cucumbers
1½ tablespoons whole mustard seed
⅔ quart white vinegar
⅓ quart water
1 cup sugar
½ teaspoon tumeric seed, or 1 tablespoon powder
1 tablespoon celery seed
6 small onions
Few sticks cinnamon
1 teaspoon whole cloves
1 teaspoon allspice

METHOD—Slice cucumbers and onions and sprinkle lightly with salt. Allow to stand overnight. Drain in the morning. Boil together vinegar, water and sugar, with spices in a muslin bag. Add cucumbers and onions and boil until tender. Put in sterilized jars and seal. Green tomatoes, carrots, peppers and celery may also be used if desired.

SPICED VINEGAR FOR PICKLED ONIONS

½ gallon vinegar
1½ tablespoons celery seed
½ cup grated horseradish
1 cup sugar
1½ tablespoons mustard seed
1 tablespoon salt
1 tablespoon cinnamon

Cloves, nutmeg, and grated onion may be added if desired.

CHOW-CHOW

1 quart small cucumbers
1 quart large cucumbers cut in chunks
1 quart green tomatoes, sliced
1 quart onions, sliced
1 quart small onions
1 quart cauliflower
4 green peppers (seeded and chopped)
1 cup salt to 4 quarts water
1 cup flour
6 tablespoons mustard
1½ cups sugar
1 teaspoon powdered tumeric
3 pints vinegar

METHOD—Mix first 7 ingredients, cover with salt water, let stand 24 hours. Heat brine slowly until vegetables are thoroughly scalded, then drain. Mix mustard and tumeric, flour and sugar to a smooth paste with one pint vinegar, pour gradually on the remaining quart vinegar heated in double boiler.

Cook until thick (do not boil), add to vegetables. When cool, bottle.

PEPPER RELISH

12 large red peppers
12 large green peppers
15 onions, chopped fine
3 tablespoons salt
Vinegar
1 pint vinegar
3 cups sugar
3 tablespoons mustard seed

METHOD—Remove seeds from peppers and chop or grind; mix with onions, pour boiling water over mixture. Let stand 5 minutes, then drain. Make a weak solution of vinegar, taking 1 part vinegar and 2 parts water. Put pepper mixture in vinegar, let come to a boil, let stand 10 minutes, then drain again. Add 1 pint vinegar, salt and sugar; let come to a boil; boil 2 minutes and then bottle and seal.

INDIA RELISH

12 large white onions
12 green peppers
12 red peppers
1 small cabbage
2 cups sugar
4 tablespoons salt
2 quarts vinegar

METHOD—Remove seeds from peppers. Run onions, peppers and cabbage through food chopper, cover with boiling water, boil 10 minutes ,then drain. Add remaining ingredients, boil for ½ hour. Fill sterilized glasses overflowing and seal.

FIG PICKLES

7 pounds figs
8 cups sugar
1 pint vinegar
½ ounce ginger root
1 teaspoon cloves
1 teaspoon allspice
1 teaspoon cinnamon
½ teaspoon mace

METHOD—Wash figs in strong solution of soda water. Mix sugar and vinegar together, adding spices tied in cheesecloth. Bring to boiling point, allow to boil 5 minutes. Drop in figs and when again boiling, remove spice bag and set fruit aside until next morning. Drain off syrup, bring to boiling point, repeat operation of dropping in figs and bringing to boiling point, cooking them in this fashion 4 days in succession. The last day, boil syrup until quite thick, put figs in this, boil up once more, pack in jars and seal.

WATERMELON RIND PICKLE

1 pound watermelon rind
1 quart water
¼ cup salt
1 gallon water
2 ounces lime
1 pound sugar
1 pint water
1 pint vinegar
1 teaspoon cloves
1 teaspoon cinnamon
1 teaspoon allspice
½ teaspoon mace

METHOD—Boil watermelon rind in 1 quart water and salt for 15 minutes. Drain well and dip into cold bath until flavor of salt is gone. Drain carefully and stand in lime water over night (made with 1 gallon water and 2 ounces lime.) Drain next morning and cook rapidly in a syrup made of 1 pound sugar, pint water, vinegar and cloves. Cook until the rind becomes clear and transparent. Cool before packing process as for other sweet pickles and seal.

ENGLISH CHUTNEY SAUCE

1 dozen ripe tomatoes, chopped
¾ pound raisins, chopped
1 ounce white mustard seed
¼ cup salt
2 cups sugar
1½ quarts vinegar, boiled and cooled
1 pound apples
2 red peppers
6 small onions
¼ cup mint leaves

METHOD—Salt chopped tomatoes, let drain overnight in a bag. The rest of ingredients put through a food chopper. This sauce requires no cooking, but should be kept in a crock for 10 days, in a convenient place so that it may be stirred every day.

Place in mide-mouthed bottles, cork and seal.

INDIAN CHUTNEY

4 pounds apricots or peaches
8 tablespoons white mustard seed
2 pounds sugar
2 quarts vinegar
1½ cups raisins
1 clove garlic
8 tablespoons salt
1 tablespoon dried chilis
1 pound preserved ginger

METHOD—Peel and cut fruit in conveinent sized pieces, boil a short time in 1 quart vinegar, and cool. Boil sugar in other quart of vinegar until it becomes a good syrup. Cool. Pour syrup into fruit, add other ingredients. Raisins, garlic and chili peppers to be ground together. Mix with mustard seed and salt and boil together about 20 minutes, stirring all the time. Ginger should be cut in small cubes or narrow strips, and added with its syrup to the mixture and boiled. Bottle and expose to sun for a day or two. The longer it is kept the better it becomes.

CHILI SAUCE

1 gallon chopped ripe tomatoes

½ cup chopped white onions ½ teaspoon cayenne
½ cup chopped sweet green peppers, 1 nutmeg grated
½ cup chopped sweet red peppers 1 quart vinegar
1 tablespoon cinnamon ½ cup brown sugar
1 tablespoon mustard 2 tablespoons ginger

METHOD—Peel tomatoes and onions. Chop onions and peppers fine. Boil all ingredients, except tomatoes and vinegar together for 2 hours. Add tomatoes and vinegar and simmer for 1 hour. Stir frequently. Bottle and seal while hot.

MIXED SWEET PICKLE

Take equal parts of small onions, flowerets of cauliflower and celery, cut in dice. Let stand in strong salt water 24 hours, 2 cups salt to 4 cups water. Drain and dry. For 2 quarts of mixed pickles, boil 1 quart cider vinegar, 1 quart water, 1 quart sugar and ½ cup mixed spices. Add drained pickles. Let boil 15 minutes. Bottle and seal.

PICKLED ONIONS

Select small white onions and sort into two sizes, ½ inch diameter in one, and ¾ inch in other. Peel, cover with fresh water, let stand for two days, changing water on second day. Wash well, put into brine for four days, changing brine end of second day. Take out of brine and put into boiling water. Let stand for 10 minutes, then put into cold water for 2 hours. Drain and pack into jars, putting in a few small red peppers, and garnishing with sprigs of mace. Fill jars to overflowing with spiced vinegar, made previously, and allowed to stand for a few days with spice bags left in it. Process as for pickles.

Foreign Dishes

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CHAPTER XXVI

FOREIGN DISHES

CHILI CON CARNE

1 clove garlic (minced)
2 pounds round steak (ground)
¼ cup oil
2 dried chili peppers
3 tablespoons chili powder
3 tablespoons flour
2 cups warm water
Salt to taste

METHOD—Fry garlic and ground steak in oil until brown. Add flour and stir until smooth. Remove seeds from peppers, soak in warm water until soft, scrape pulp into water and discard skins. Add this liquid and seasonings to meat and simmer about 2 hours. Hot water may be added as needed, but con carne should not be soupy. Serve hot over beans.

FRIED CHILIS

Boil chilis in salted water 20 minutes. Peel and dip in batter (2 whole eggs, 2 tablespoons cornstarch, 2 tablespoons milk.) Fry in bacon fat until browned. Serve with Spanish sauce.

TORTILLAS

4 cups flour
2 teaspoons salt
1 cup shortening
Water or milk

METHOD—Sift together flour and salt. Cut in shortening and add enough water or milk to make a dough sufficiently thick to roll like biscuit. Divide in balls, size of turkey egg, pat between hands until thin and round; cook on top of stove without flour or oil.

ENCHILADAS

4 cups cornmeal
4 cups boiling water
1 cup shortening
1 dozen chilis
2 cups warm water
3 tablespoons olive oil
1 onion
1½ teaspoons salt
½ teaspoon sweet marjoram
2 tablespoons vinegar
½ teaspoon black pepper
½ pound grated cheese
3 dozen olives

METHOD—Scald cornmeal in boiling water to make dough sufficiently stiff to slice when cold. Cut in slices 1 inch thick, 4 inches long, 2 inches wide. Fry in the melted shortening until light brown. Remove seeds and veins from chilis and soak in warm water until soft. Scrape out pulp into the water and discard skins. Fry

chopped onion in olive oil and add seasonings and chili pulp. Cook until thick. Place fried cornmeal and the chili sauce in layers in a deep dish with olives and sprinkling of cheese in between. Put in a moderate oven long enough to heat through and melt cheese.

SPANISH TAMALES

1 chicken
1 teaspoon salt
Corn husks
Olives and raisins
1 dozen large chili peppers
1 tablespoon shortening
1 large onion

METHOD—Cut chicken in joints as for fricassee; put in hot water and stew slowly until tender. Prepare chilis as for sauce. Put shortening in pan, fry onions, sliced very thin, add pulp of chilis with cold water and a little chicken broth. Cover closely and boil 15 minutes. In meantime soak husks in warm water. When all is ready, spread a large spoonful of the paste in middle of two wide husks; place a piece of chicken in middle of third husk, a little gravy, 2 or 3 olives and as many raisins. Lay this on one side of the paste covered husks, turn it over and lay the other on. Tie firmly at each end. Put in steamer and cook 1 hour. Serve very hot.

N.B. Scalded cornmeal can be used instead of husks.

SPANISH NOODLES

2 cups cooked noodles
¾ pound fresh pork shoulder
4 tablespoons butter
3 tablespoons flour
Salt, pepper and paprika to taste
½ pound mild cheese
1 pint can tomatoes
1 tablespoon minced onion

METHOD—Boil noodles for 15 minutes and then drain. Cut fresh pork into quite small pieces and simmer in butter (1 tablespoon), until tender. Make a tomato sauce by heating butter and flour together as in making white sauce and then add the tomato juice and pulp that has been put through a sieve to remove the seeds. Add a tablespoon onion and season with salt, pepper and a little paprika. Butter baking dish and put layer of cooked noodles in bottom. Cut cheese very thin and lay on top of noodles. Add meat and tomato sauce, then another layer of noodles, cheese, meat and sauce. Bake twenty minutes in a hot oven.

BEANS A LA AYRE

1½ pound string beans
3 eggs
2 teaspoons cornstarch

METHOD—Cook string beans until tender. Separate into bundles of eight or ten. Make a batter by beating egg whites until stiff; add slightly beaten yolks and continue to beat, adding cornstarch. Place bundle of beans on large tablespoon and place in batter, working batter with spoon around beans holding them together. Fry bundle in hot fat until brown on all sides. Serve with following sauce:

SAUCE

1 teaspoon shortening
1 teaspoon garlic
1 small can chili sauce, or 1 small tomato
Salt, pepper, sugar to taste
1 teaspoon cornstarch
1 teaspoon chopped onion

METHOD—Melt shortening and add garlic and onion, frying until tender. Add the tomato or chili sauce. Sift together cornstarch, salt, pepper and sugar, and moisten with a little cold water. Add to the first mixture and cook until smooth and thick.

EASY RAVIOLI

6 tablespoons fat
3 large onions
1 large green pepper
1 bunch parsley
2 cloves garlic
2 cans tomato sauce
1 can water
2 tablespoons Guasti cooking sauce
1 small can mushrooms (optional)
3 tablespoons flour
1 teaspoon sugar
2 teaspoons salt
⅓ teaspoon sage
1 teaspoon chili powder
1 cup grated cheese
Liquid from mushrooms

METHOD—Cut onions, peppers and parsley fine. Fry in fat, until light brown, then add tomato sauce, garlic, cut very fine, sage, sugar, salt and chili powder. Cook until garlic is thoroughly cooked, then add mushrooms and liquid and ½ cup cheese. Thicken with flour and a little of mushroom liquid. If mushrooms are omitted, add ½ cup more water to sauce. Cook the macaroni until tender, drain, place on large platter, pour on sauce to cover and sprinkle remaining ½ cup cheese over all. Serve piping hot.

HOUSEHOLD HINTS

TO REMOVE STAINS

BERRY, FRUIT, FLOWER, VEGETABLE, WALNUT, GREEN PECAN and GRASS STAINS can be removed from white cottons and linens. First dampen the stained material with cold water to remove any starch or dressing. Make a solution of two tablespoonfuls *Clorox* to a quart of cold water. Mix well. Immerse stained fabrics and soak until discoloration disappears. Rinse thoroughly in clear water.

INK SPOTS: Use *Clorox* as directed above. A brown spot is occasionally left after ink is removed, but it can usually be taken out with lemon juice or vinegar.

MILDEW: Follow directions for BERRY and FRUIT STAINS, removing mildewed fabric from solution after soaking ten minutes. Rinse well and hang in sunlight until mildew disappears.

SCORCHED SPOTS: Proceed as for removing BERRY and FRUIT STAINS, above.

TEA, COFFEE, CHOCOLATE, WINE, DYE, MEAT and BLOOD STAINS can easily be removed from white cottons and linens. Follow directions given above for FRUIT and BERRY STAINS.

MEDICINE STAINS, including iodine, mercurochrome, cod liver oil and argyrol can be removed from white cottons and linens by following the method given above for BERRY and FRUIT STAINS. These medicine stains as well as ink, dye, fruit, etc., can be removed from hands, tile, wood, porcelain, enameled and painted surfaces with a solution of two tablespoonfuls *Clorox* to each quart cold water.

HANDS can be freed from nicotine, fruit, vegetable, dye and other stains by washing in a *Clorox* solution. Wash afterward with hot water and soap. To remove any remaining *Clorox* odor rinse with water containing a little lemon or vinegar. Nicotine stains may require several applications.

DISH TOWELS and DISH MOPS: To whiten, wash in a solution of three tablespoonfuls *Clorox* to each quart of lukewarm suds. Rinse well.

BABY'S LAUNDRY: Stubborn stains and odors can be quickly removed from diapers, cotton sleeping garments and bedding without boiling, and from rubber bed and garment protectors as well. Follow usual laundering method, adding one tablespoonful *Clorox* to each gallon soaking suds or first rinsing water. Rinse well in clear water.

DISCOLORED LINENS: Linens that have become yellowed through being laid away can be made snowy white without rubbing, by soaking them half an hour in a solution of one tablespoonful *Clorox* to each gallon of cold or lukewarm water. Rinse well in clear water.

GLASSWARE, VASES, etc: To give an added sparkle, in washing cut glass or other glass tableware, vases, flower bowls, bottles and decanters, add two tablespoonfuls *Clorox* to each quart water.

CHINA, CROCKERY, ENAMELWARE: To remove discolorations and stains from teapots, coffee pots and cups, fill with a weak solution of *Clorox* and let stand until stains disappear. Scorch stains can be removed from earthenware or enameled baking dishes in the same way. When enameled saucepans are badly burned make a strong *Clorox* solution, and let stand a few hours or overnight.

DRAINBOARDS: To whiten and remove discolorations from wooden drainboards, use two tablespoonfuls *Clorox* to each quart water. Apply with cloth and let dry. Badly stained drainboards may require a stronger solution. Rinse enameled drainboards after a few minutes.

REFRIGERATORS: Wash shelves and walls with a solution of two tablespoonfuls *Clorox* to each quart water. Rinse with clear water and dry. Food stains and odors will vanish, and bacteria will be destroyed.

GARBAGE CANS: Wash can thoroughly with suds to remove any remaining refuse. Then rinse with solution of three tablespoonfuls *Clorox* to each quart water. The can will then be clean, disinfected and deodorized.

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Read the letter on the next page—it is only one of hundreds similar

Los Angeles, California

Joannes Corporation,
801 Traction Avenue,
Los Angeles, Calif.

Gentlemen:

Meals were not meals unless I could have my coffee and the coffee made in the old "boiled way" just simply did not agree with me. But I just could not give up coffee so I kept right on with it and the suffering.

Indigestion, heartburn, headache, nervousness, sleeplessness; oh, I knew well all the piratical crew. I knew all this was stealing my health away but there seemed no way out. Then, I began to get so much thinner.

Now when I tell you that naturally I resembled nothing so much as a fence rail in figure, you'll know that I could not stand much "thinning," stylish though a slender outline might be.

Then—I saw the ad for Ben-Hur Drip Coffee and the Ben-Hur Drip Coffee maker set. Well, might as well try it—couldn't be any worse off.

I did try it, and, what a revelation. Coffee, real honest-to-goodness coffee, rich flavor, amber color, clear, sparkling and no trouble at all to make. Two cups because the rich flavor could not be resisted, but I knew, of course, I would have to pay for such reckless indulgence. But oh, wonders—I went to bed and slept like a top, no headache, no heartburn, no nothing but satisfaction and the feeling "going to do that again this morning." ing."

And—well, I've been at it ever since that first blessed cup, and I can drink all the Ben-Hur Drip Coffee I want and instead of the old set of troubles and pain I am pleasantly exhilarated, full of pep and good feelings given by a perfect drink of coffee.

Do you wonder I swear by Ben-Hur Drip Coffee and the new way of making it, and recommend it to all my friends?

Sincerely yours,

EMMA M. PARTELLO,
2050 Glendon Ave.,
Los Angeles, Calif.

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The World's Markets Are Constantly Being Searched to Afford Ben-Hur Users the Finest Quality Grown

Quality Alone Has Made BEN-HUR the Leader Wherever Discriminating Housewives Demand the Best.

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BEN-HUR GINGER—a straight Jamaica ginger with all of the fibre taken out, a rich light cream color and a flavor and aroma as delicate as Attar of Rose.

BEN-HUR CINNAMON—a specially selected Saigon cinnamon, that imparts a specially smooth and pleasing cinnamon flavor. Does not have that rough, bitter after-taste common to cheaper grades.

BEN-HUR PASTRY SPICE, a blend of spices prepared specially for pastry baking, each individual spice being used in the proportion best suited to delicious pastry, eliminating all guess work in your spice requirements. Try it in cup cakes.

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1927—The cake baking contest conducted for the Federation of Parent Teachers' Associations in Los Angeles in 1927 had a total of 2,572 cakes entered in six divisions by 1,521 women. BEN-HUR extracts were used in the first prize winning cakes in every one of the six classes . . . certainly a remarkable tribute to the quality of BEN-HUR extracts.

1928—In the 1928 Evening Express P.T.A. Cake Baking Contest "BEN-HUR Vanilla" was used in more prize winning cakes than all other brands combined.

In the Special Division alone, **"Ben-Hur Vanilla Extract"** won 1st, 2nd, 3rd and 4th prizes, a remarkable achievement, made possible only through the supreme quality of "BEN-HUR Vanilla."

1929—In a contest conducted by Hollywood News, there were 235 cakes entered and of the seven cakes that won major prizes, six were made with "BEN-HUR Vanilla Extract."

1930—In the recent cake baking contest conducted by the Los Angeles Evening Express 1258 cakes were entered. Of the 49 prize winners, 43 used BEN-HUR flavoring exclusively.

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